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★ **CINDY CRAWFORD**
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DESIGNERS REINVENT CLUB KID STYLE

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FASHION IDENTITY
ARE YOU A LITTLE BIT COUNTRY OR A LITTLE BIT ROCK 'N' ROLL?

10 **FRESH & FAB**
BEAUTY TRENDS
MASTER THE MAKEUP LOOKS THAT RULED THE RUNWAY THIS SEASON


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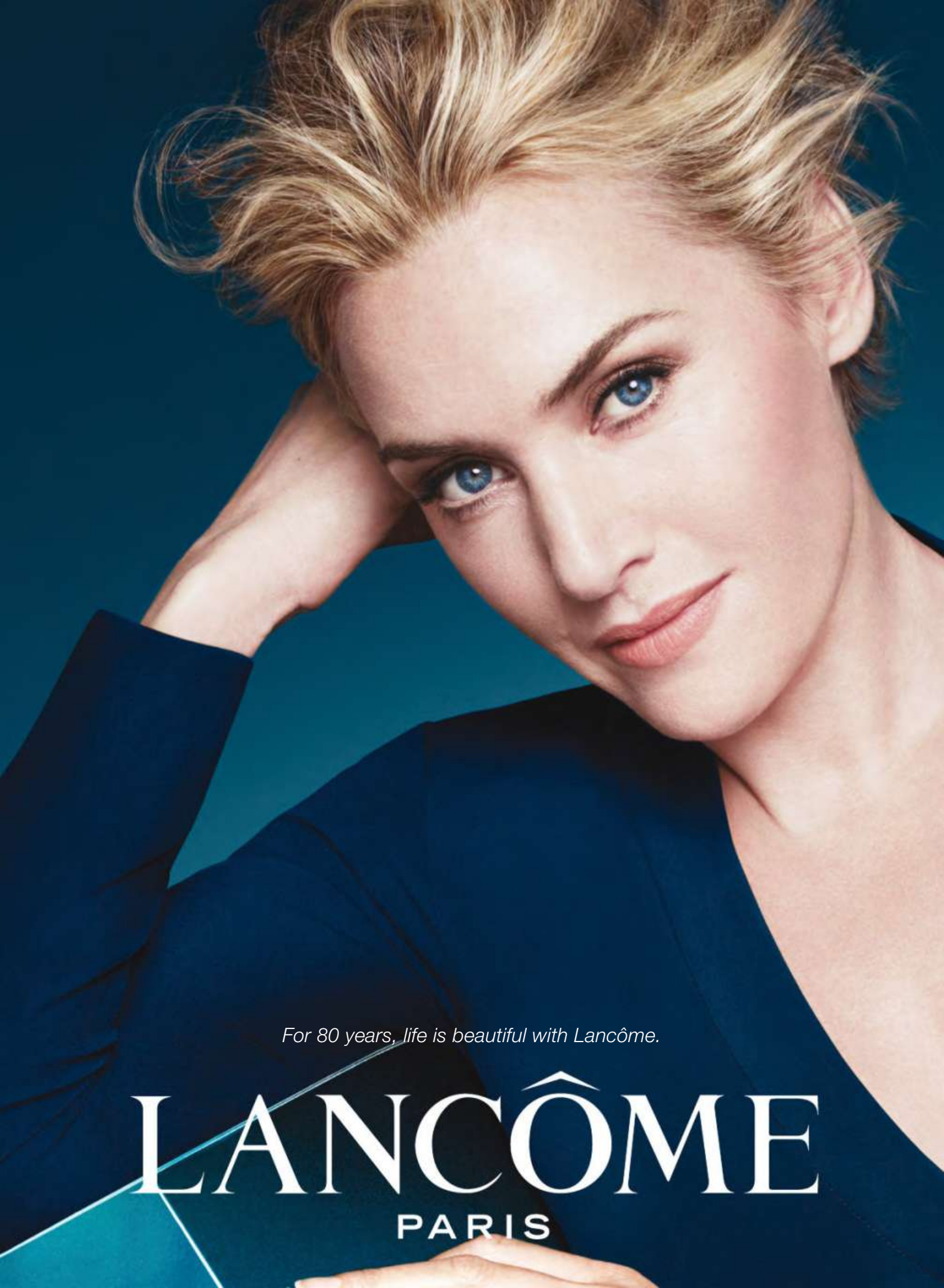


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What would you tell your 20-year-old self?

#ColourfulWisdom

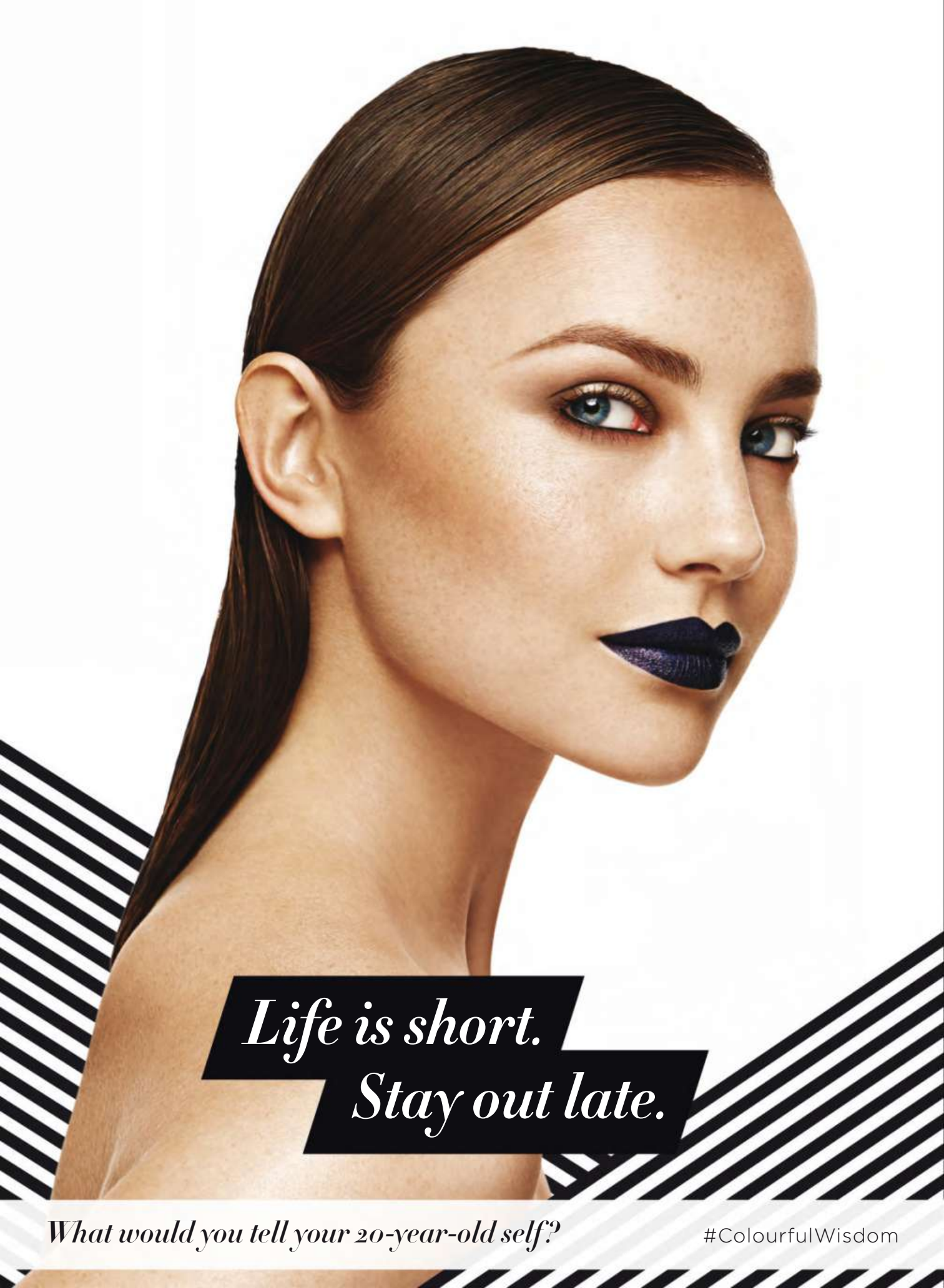
Make a statement with bold lips, graphic eyes that lash out, and a translucent flush to the cheeks. Setting the stage: foundation that offers flawless coverage with an undetectable feel.

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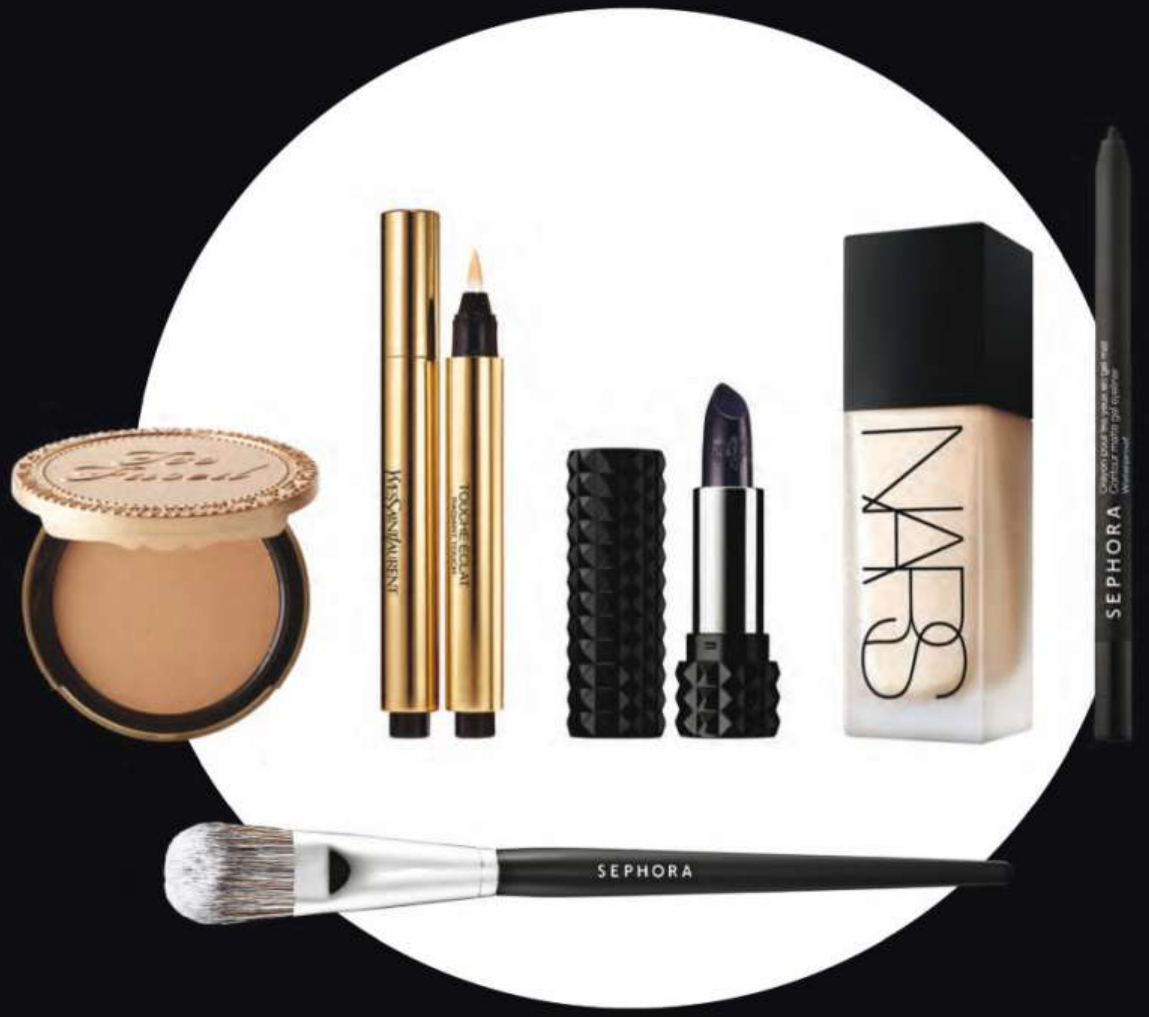


What would you tell your 20-year-old self?

#ColourfulWisdom

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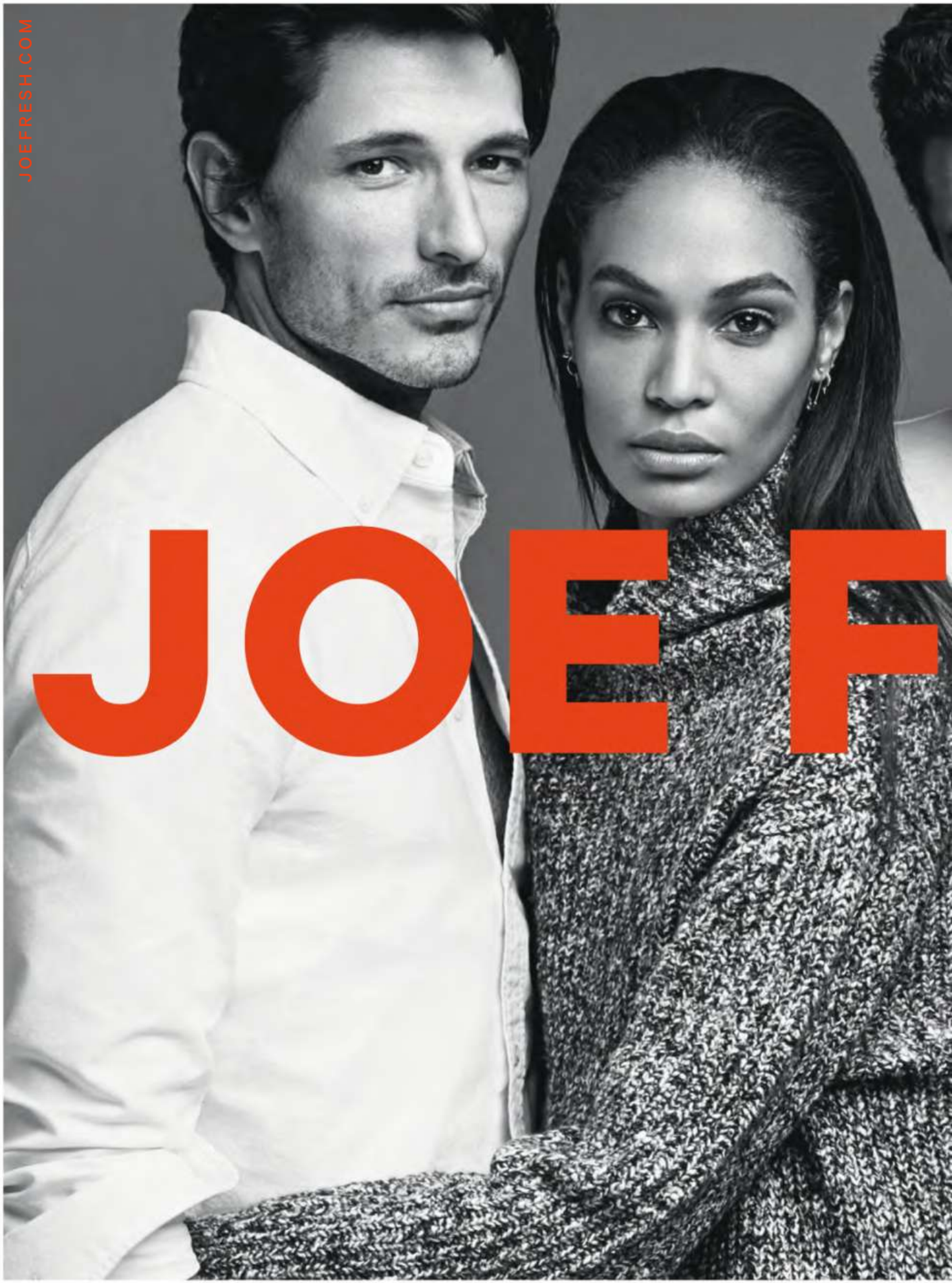
A GOLDEN MOMENT EVERY DAY

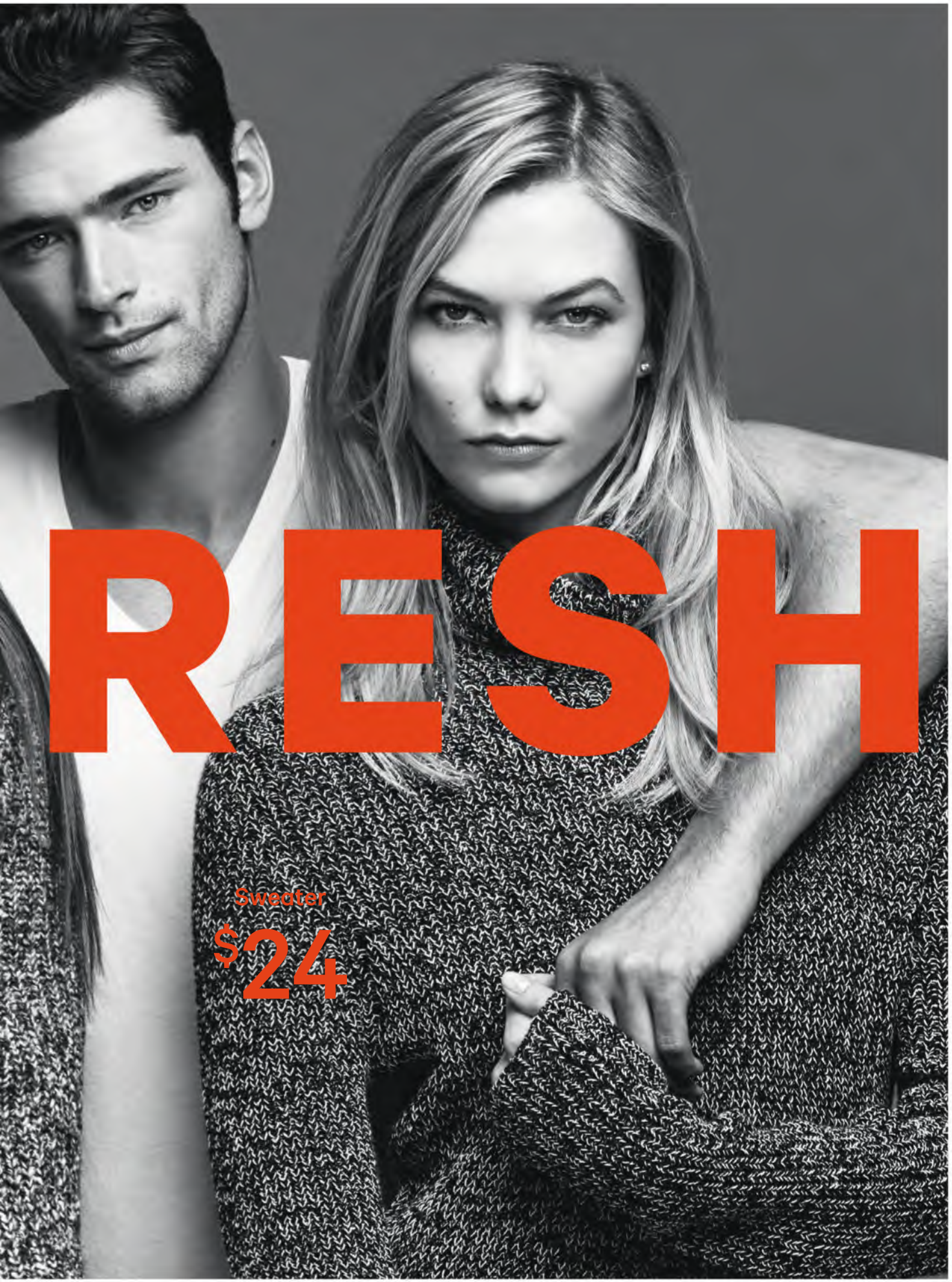





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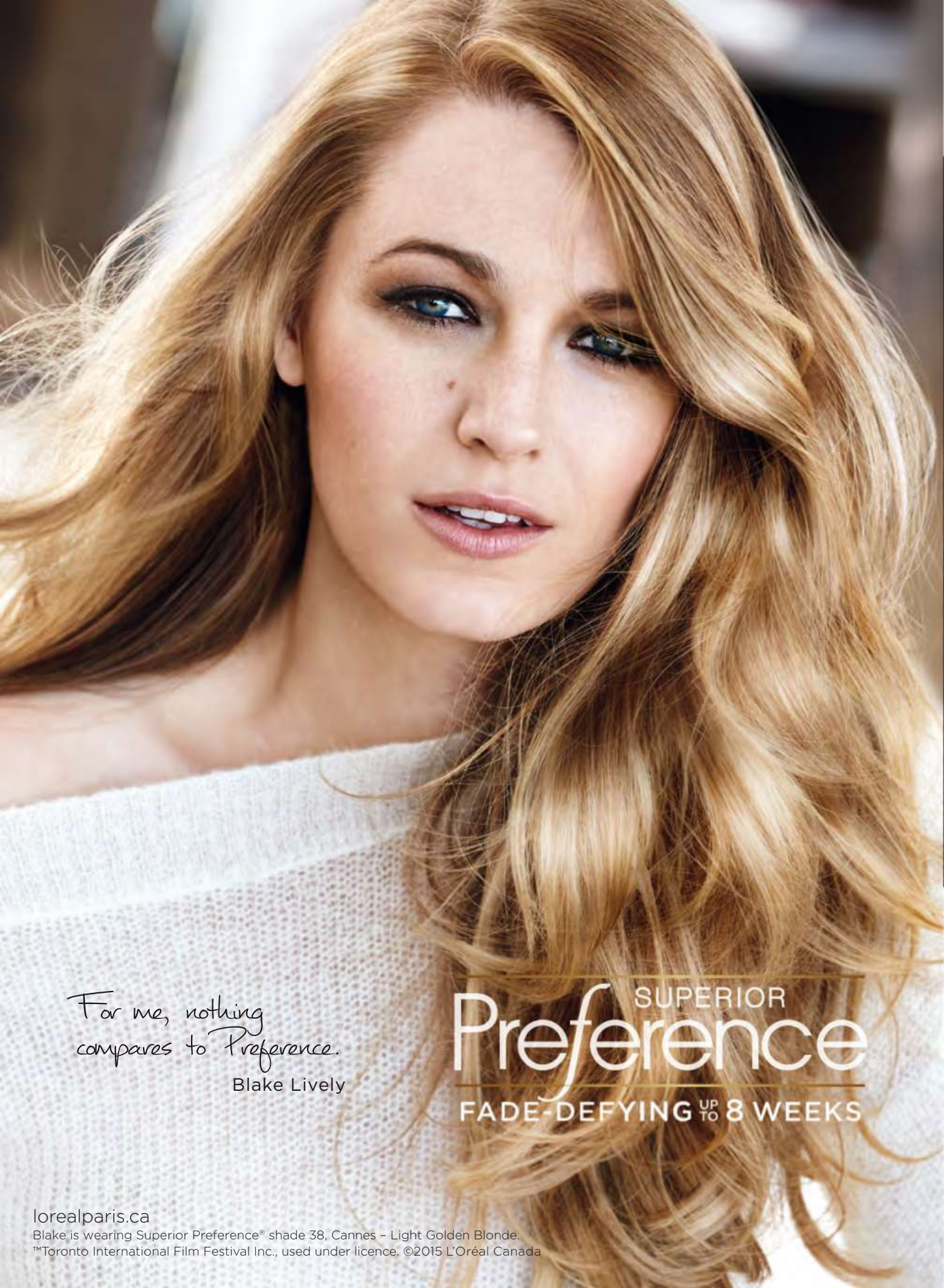


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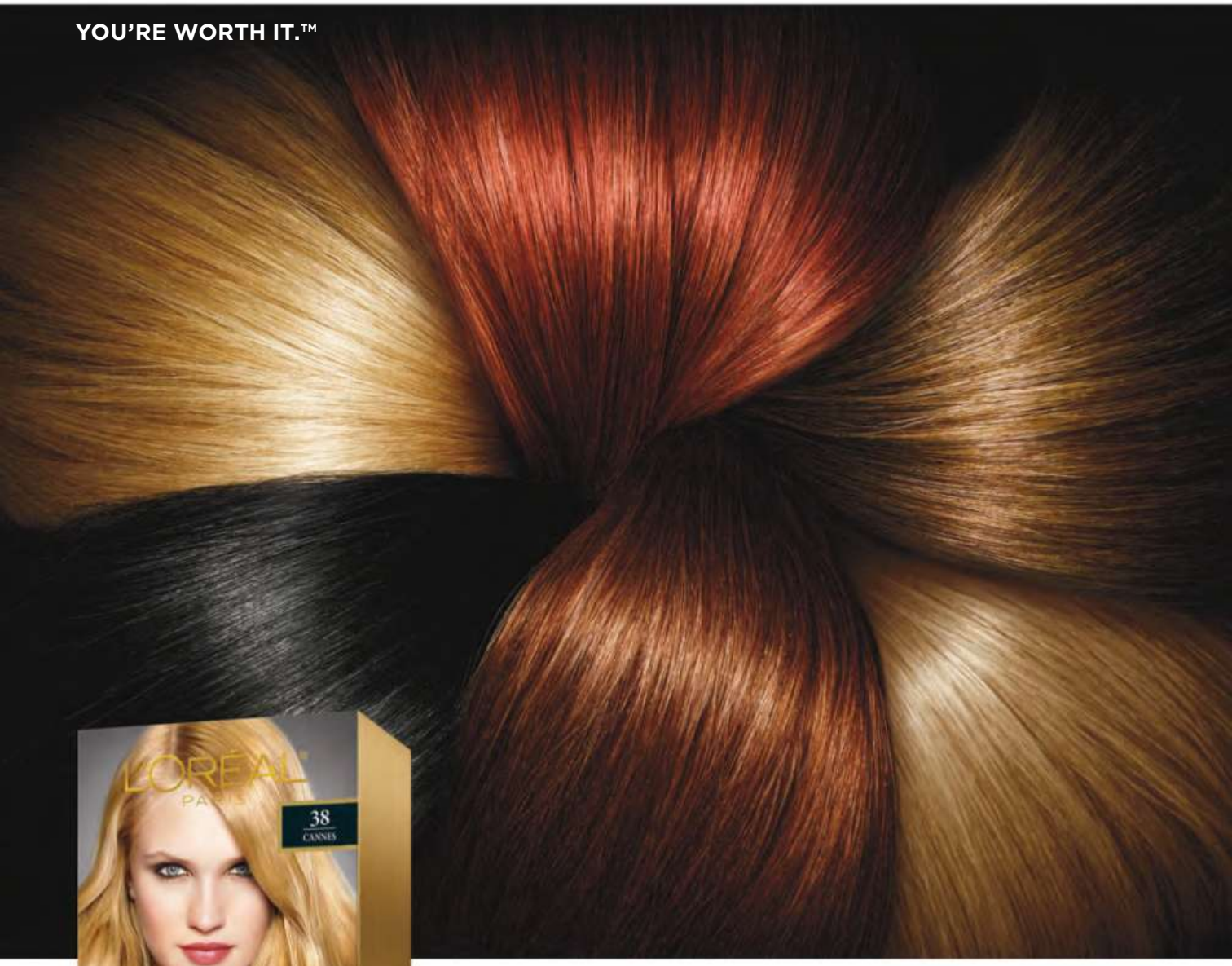
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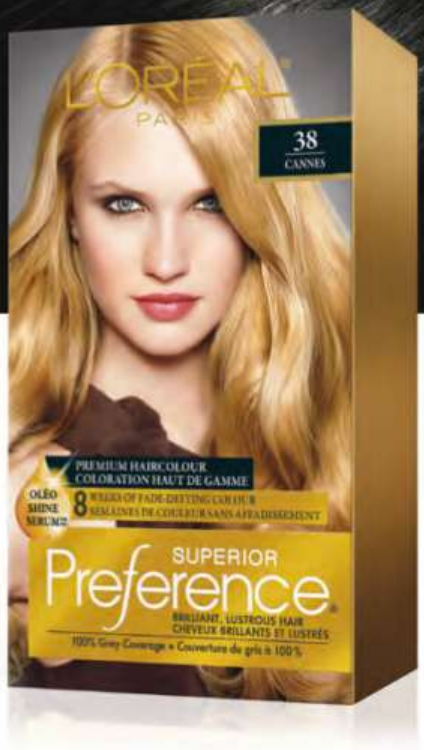
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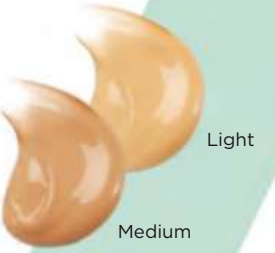
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RARE SPECIMENS

What goes into The Body Shop's new spa and skin range, as seen in London by writer Kristen (page 196).



GOLDFINGERS

Stylist Elaine dazzled (or blinded?) us with these amazing Bijules nail rings at our cover shoot.



TEA FOR ONE

Hydrangeas, scones and SkinCeuticals. What more could health & beauty editor Carli ask for?



THE BEFORE...

EIC Noreen captured this model mid-transformation at the Giambattista Valli show in Paris (page 163).



SITTING POOLSIDE

In L.A. for our cover shoot, the ELLE Canada team dipped a toe into the city's lifestyle at the Line Hotel.



LIKE A PRO

Our cover star, the legendary Cindy Crawford, schooling us all in Supermodel 101.



TWINKLETOES

Fashion director Denis made a case for socks and slingbacks at our shoot (page 141).



FASHION MOVES

Having way too much fun with our sign at the shoot for our collab with Hudson's Bay (page 74).



OH, MAMA

Seen BTS in Milan: the mother-lovingly gorgeous red lip at the Dolce & Gabbana show. ▷

TEXT BY SARAH LAING; ALL PHOTOS BY ELLE CANADA STAFF

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BLUE-SKY THINKING

Spotted in the great outdoors: model Charlotte on-set at our "Cottage Life" shoot (page 142).



PULLING UP CURBSIDE

In town for a chat with Caudalie's founder (page 174), health & beauty editor Carli "endured" the Plaza.



STACKS ON STACKS

To prep for the fall book preview (page 100), associate editor Sarah did a little light reading.



ON THE FRINGE

So much shoe envy on-set with HBC! Sorry, summer, but these boots make us want fall (page 74).



SITTING PRETTY

Currently adorning assistant beauty ed Victoria's desk: this blue-tiful bottle of Miu Miu fragrance.



#BETTERFORIT

Back-row bandits Carli, Sarah and Charlotte sumo-squatting at the Nike+Training Club.



APPLE OF OUR EYE

Health & beauty ed Carli jetted to Chicago for a quick workout with the Apple Watch (page 124).



ICE-COLD CLASSIC

Shooting this Sophia Webster pump for #fashionplay was refreshing (page 218).



DOGGONE IT

If you see an orange umbrella in Vancouver, like managing ed Christina did, you must stop (page 208)!

TEXT BY SARAH LAING; ALL PHOTOS BY ELLE CANADA STAFF

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BEHIND THE SCENES

POWER POSE

Step inside our October cover shoot.

What makes Cindy Crawford a supermodel and a superwoman? First, she arrived for her shoot in L.A. ready for anything (like an ELLE Canada live cover). Second, she posed like a pro in geometric cut-outs, thigh-high slits, leather and studs. Third, she graciously answered fan questions on Instagram and Twitter throughout the day and posed for behind-the-scenes snaps and videos, all the while sipping green juice and chatting warmly with the crew about her life in Malibu. Turn to page 106, where Crawford talks with editor-in-chief Noreen about her legendary three-decade career and what she has learned along the way. □



Power-glam dressing calls for cut-outs and sequins.





Dark and sexy polish matched the '90s mood.



Posing for photographer Max Abadian



Crew love



Hairstylist Marcus Francis maintains Cindy's "wet look."

TEXT BY ALIYAH SHAMSHER; BEHIND-THE-SCENES IMAGES BY ELLE CANADA STAFF



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CANADA

ELLE

OCTOBER *2015*

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An icon shows us how it's done.

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Purple's the word.

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MAX ABADIAN (C. CRAWFORD); GEOFFREY ROSS (MAKEUP)

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Cara Delevingne challenges rules. Being free-minded is her motto. Like TAG Heuer, she defies conventions and never cracks under pressure.

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A rather stylish weekend escape

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ON THE COVER

Cindy Crawford is wearing a dress by Fausto Puglisi, a collar by Alexis Bittar, a bracelet by Vita Fede, a gold ring by Psyche Jewelry and a diamond ring by Bjørg. **Photographer** Max Abadian **Fashion direction** Juliana Schiavinatto (P1M.ca) **Hair** Marcus Francis (Starworks Artists) **Makeup** Jo Baker (Forward Artists) **Manicure** Tom Bachik (L'Oréal Paris) **Art direction** Brittany Eccles

EVERY MONTH

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editor's note



CLASS ACT

The day after we shot our cover subject—the iconic Cindy Crawford—I was visiting my friend Dana in Vancouver. "So, how does she *really* look?" asked Dana, voicing the question that most women over the age of 40 ask me when they hear that I've seen Cindy up close. "Gracefully stunning," I replied, adding that she's the consummate professional: focused, considerate and, well, sensational. At this point, Dana's husband, Charlie, piped up: "Oh, I remember Cindy's calendars. Perfection." Then, to my surprise, Dana's 16-year-old son, Liam, asked, "Are you talking about the woman in the shorts who did the Pepsi ad?" That ad was released in 1991, almost 10 years before he was born, yet he is familiar with what's considered one of the best Super Bowl commercials of all time. Even Crawford concedes that the ad "cemented [her] image as the sexy all-American girl next door." In *Becoming*, a book Crawford released this fall to celebrate her 50th birthday in February, she writes: "It was the perfect combination of the right concept, the right music and the right pair of cutoffs." Oh, and the right genes. Since Crawford's early modelling days, her beauty and her brains have set her apart. In her book—which has hundreds of images as well as thoughtful essays—she opens up about her life, her successes and her vulnerabilities, especially when it comes to aging. "Sometimes I forget that the images I am used to seeing of myself aren't real, that they are all part of the illusion of being Cindy Crawford," she writes. "And then I will catch a glimpse of the real, un-retouched Cindy or see an unflattering paparazzi shot, and it's a shocker." Even on the day of our shoot, Crawford recalls how she was snapped entering a Starbucks for a coffee. She was wearing jeans and a T-shirt, and her hair was slicked back into a wet bun. "I guess people like to see stars without makeup," she told me. "I'm old school; I don't believe that every moment in life is a photo shoot, and I don't want to live my life that way. This kind of attention can play with your head a little bit. In a way it gets easier as you get older because you have perspective, but in a way it's harder because you're like 'Oh, my God! I like that retouching!'" In "Superwoman," on page 106, Crawford talks about the supposedly untouched *Marie Claire* photo that went viral earlier this year. It was a difficult time, but not for the reasons you might suspect. Even though that experience blindsided her, she didn't put any restrictions on the images we took. Her openness—and confidence—is inspiring. It's just one of the reasons why she is the perfect cover subject for our inspiration-themed issue. (See "Reach for Your Dreams Now" on page 121 and check out ELLECanada.com/getinspired.) Crawford's own #inspo motto is simple: "Live in the moment, continue to evolve and feel enormous gratitude for all that you have." It's a motto that anyone—even if you're not a supermodel—can live by.

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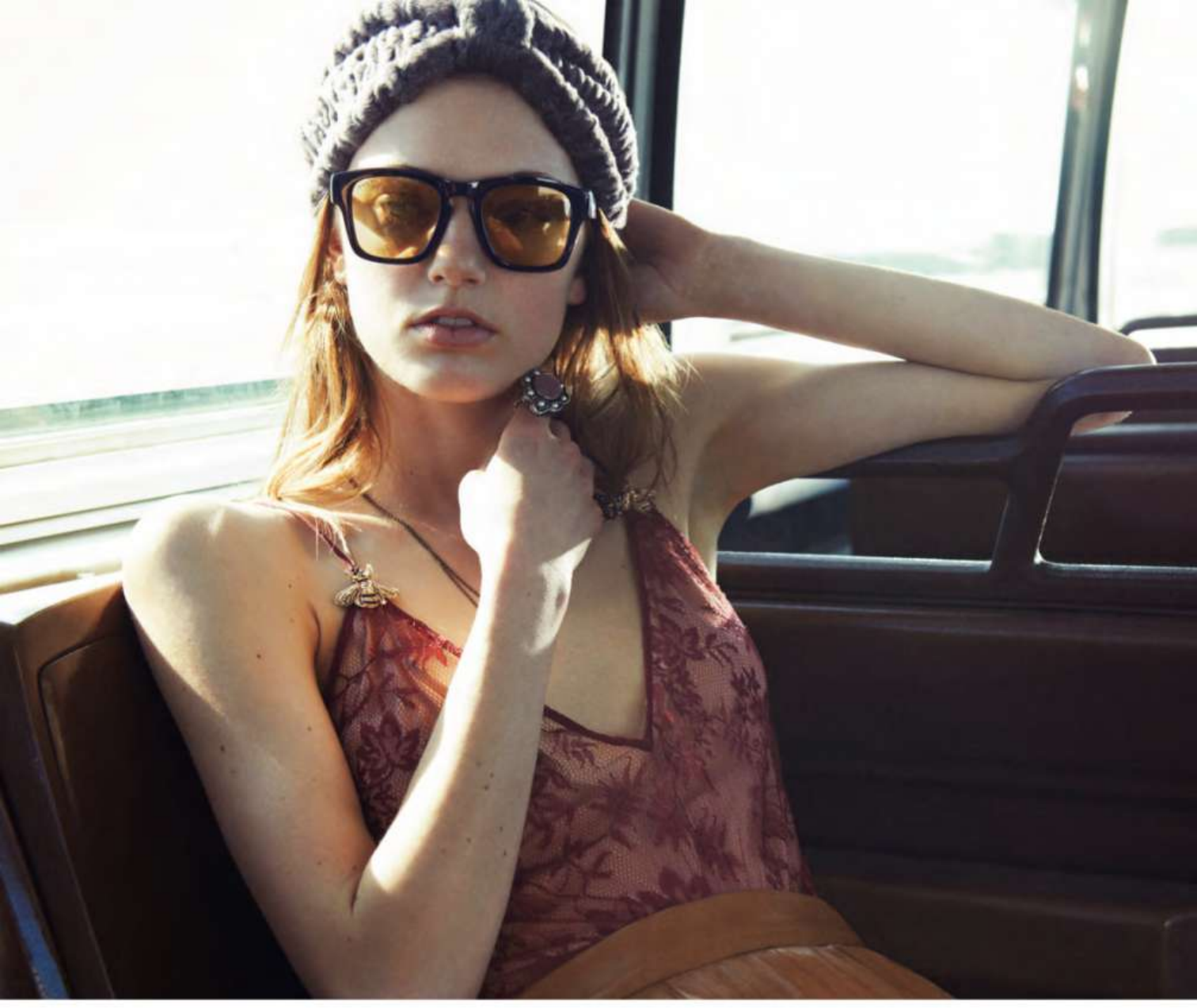
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Noreen

Noreen Flanagan
Editor-in-Chief
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OWEN BRUCE; N. FLANAGAN'S HAIR & MAKEUP BY SUSANA HONG (P1M.CA/TRESEMMÉ); GETTY IMAGES (PAPER CRANES)



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TVA PUBLICATIONS INC.

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guest list



BREE A.
Model

THE GIG Hailing from Stratford, Ont., Bree took the lead in tweed for this month's "Cottage Life" shoot. **SECOND NATURE** "Ever since I could walk, I've loved being in front of the camera. When I was 13, I decided to pursue modelling—the whole thing came very naturally to me."



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MARJORIE DUNHAM-LANDRY
Copy Editor

THE GIG Our eagle-eyed grammar maven is based in Montreal and has been a member of the ELLE Canada family since its launch in 2001. **BACKSTAGE ACTION** "In another life, I would love to work on a movie set! I'm obsessed with the 'bonus features' on DVDs, like behind-the-scenes footage and commentary (oh, and bloopers)."

MONICA HEISEY
Writer

THE GIG This Torontonian has the ELLE Canada office in stitches with her new humour column. ***OPA!*** "I was recently on a romantic trip to Greece with my husband, watching the sunset and stroking what I presumed was his arm. It turned out to be the hairy Greek man beside me. According to local custom, he is now my husband. Stavros is a gentle lover."



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page 106





JO BAKER
Makeup Artist

THE GIG Baker, who hails from London—"the coolest city in the world"—is now based in L.A. and lived "every makeup artist's dream" when she worked with Cindy Crawford for this month's cover. **LESS IS MORE** "I lean toward the 'cool look' more than ultra-glam masked makeup. I want women to look badass and feel cool and sexy."

JOE ZEE
Fashion Guru

THE GIG This former Torontonian, who's now based in NYC and L.A., shares an excerpt from his new book, *That's What Fashion Is*. **STYLE SAVANT** "I'm so inspired by Rihanna. I love that she can literally wear anything and pull it off. It's a real skill to be able to turn the worst look of the season into something great." □





page 126

TEXT BY ANITA EHUI & SARAH VEENSTRA; ALEX EVANS (BREE A.); PAUL TEREFENKO (M. HEISEY)


MICHAEL KORS
MICHAELKORS.COM

elle letters



THIS MONTH'S BEST

I've been reading ELLE Canada for years, and the September issue is my favourite so far. The highlight was the 36 get-to-know-yourself-better questions [ELLE Relationship]—completing them felt like spending a couple of hours in therapy! They made me reflect on things I've been neglecting, like the aspects of my personality I'd most like to present to the world. "We're All Mad Here" [ELLE Fashion] is gorgeous (I'll be heading to Cynthia Findlay's shop for some vintage-teacup hunting!), and it's refreshing that you included models of all ages. "Lands of Contradiction" [ELLE Travel] had me reminiscing about my own life-altering trip to India, a place that captivated me with its vibrant culture. Thanks for an engaging and inspirational issue. **DELYANA, TORONTO**

FASHION INSPO

I always look forward to receiving my ELLE Canada in the mail and seeing what trends and stories await. I especially loved the piece about Melissa McCarthy [ELLE Radar, September 2015]; she seems so genuine and down-to-earth, and I love that you're featuring a plus-size designer and clothing line. Her take on fashion is so refreshing; it's a reminder that clothes are meant to be fun! I feel like we could all use an ounce of her confidence and love of life. **ANGELA CAMPBELL, EMAIL**

THANKS FOR THE #LIFEREBOOT

I want to say thanks to Stephanie Gilman for sharing her #lifereboot adventures over the past year. Whenever my issue arrived, I always read her piece first. I'll miss her inspiring stories and wonderful writing. **RUTH, EMAIL**

CAREER SMARTS!

Just tucking into your September issue and thrilled to see what I believe are important and relevant research areas [ELLE Career]. Thank you for educating your readers on academia worth sharing—and using. **M. A. LESPERANCE, EMAIL**

REAL PEEPS

I would like to commend you for featuring average-sized women in your editorial and advertising content. The stylish mature model Judith Maria Bradley on page 153 [ELLE Fashion] and the feature on Melissa McCarthy in your September 2015 issue are an inspiration to those of us who do not resemble models. Most readers are normal-sized, and despite our less-than-perfect physical attributes, we still have an abiding interest in fashion and want to present ourselves accordingly. **LYNDA DAVIS, MISSISSAUGA, ONT.**

TWEET LOVE

@JessicaAnnRowdi What a perfect summer day #molson #canadian #ELLECanada #summer

@LauraASolomon Just some random brilliant #beauty #branding with vlogger @MarisaRoy x @ELLECanada x @SallyHansenCA

@hungvanngo Can I possess a proud moment since #ELLECanada chose 2 of my makeup for their top 10 beauty looks of the week?

@msosasoria The September issue of @ELLECanada transports you to the cover shoot with virtual reality.

@andrea_k_karr September @ELLE Canada has one of my fave fashion mag covers ever. HUGE @dianekrugerpers fan!!

@dianekrugerpers So in love with my new September cover for @ELLECanada!!! #maxabadian #elle #ilovealthingscanadian

INSTAGRAM SHOUT-OUTS



@angelicadarosa_ Thanks ELLE Canada for featuring me on this week's Street Style Hall of Fame. #ELLECanada



@beverlybrownart @judithmariabradley #watercolor

Send us your letters via email at **ELLELetters@ELLECanada.com** or snail mail at ELLE Canada, 25 Sheppard Ave. W., Suite 100, Toronto, Ont., M2N 6S7. Include your name and address. Letters may be edited. For full contest rules, go to ELLECanada.com/writeandwin.



The writer of the best letter will win an Estée Lauder prize pack (valued at $114), including Pure Color Envy Liquid Lip Potion, Modern Muse Le Rouge Eau de Parfum Spray and Little Black Primer.



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ELLE STYLE

FASHION NEWS, SHOPPING HITS & RUNWAY TRENDS





OH, SNAP! Add these phat finds to your fall wardrobe. Polyester and viscose tank, Private Party ($65.92, shopprivateparty.com); clip-on earrings, Moschino ($348.59, at shopsuperstreet.com); suede booties, Giuseppe Zanotti Design ($2,034, at NET-A-PORTER.com); mini backpack with Swarovski crystals, MCM ($2,544, mcmworldwide.com)







SQUAD GOALS

Hanging with the girls never looked so good.

EDITOR'S POV Designers kicked it old school this season, bringing back the '90s with the kind of blinged-out attitude the decade's rap queens would be proud of. As the throwback muse overtook the runways, we excitedly said "Bring it on!" There's nothing we like better than vintage vibes. Besides, this entire issue is dedicated to inspiration, which means we're looking back so that we can look forward. Are you ready for the retro revolution? **LISA GUIMOND**



GETTY IMAGES (SALT-N-PEPA); IMAXTREE (BACKSTAGE)



"THE INSPIRATION CAME FROM NATURE. BEING IN A QUIET SPACE, HAVING TIME ALONE AND NATURE AROUND ME SO I CAN JUST LET MY MIND WANDER—THAT'S VERY IMPORTANT FOR ME AND FOR BEING CREATIVE."

– Langley Fox Hemingway, artist and model, on her Carte Blanche collection for Sportmax (from $225, sportmax.com), out this fall

LATEST & GREATEST

STYLE SCOOP

What's cool, cutting edge & important.



REQUIRED READING

FENDI BY KARL LAGERFELD

Not everyone can visit the sleekly restored mid-century Palazzo della Civiltà Italiana, home of Fendi's Roman atelier. We can, however, nab the next best thing: a first-class ticket into the mind of Karl Lagerfeld, now feting his 50th anniversary as artistic director of the brand. This October, German publishing house Steidl is releasing a compilation of the designer's fashion sketches, logo designs and exclusive interviews–all in one stylish package ($180, steidl.de). ▷

NEWS FLASH

DESIGNER COLLABS WE HAVE OUR EYE ON THIS SEASON



French designer Jean-Charles de Castelbajac is reinventing Petit Bateau's nautical tees and raincoats with whimsical illustrations for fall/winter 2015; London-based Canadian designer Erdem is dreaming up a 12-piece Green Carpet Collection with Eco-Age creative director Livia Firth for his runway presentation at London Fashion Week spring/summer 2016; and streetwear brand Burton is launching a covetable capsule with L.A.M.B. in October. (Oh, hey, Gwen!)





TEXT BY CHARLOTTE HERROLD & MADISON SCHILL; GETTY IMAGES (ERDEM & STARS)

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INSTANT UPDATE
PRINTS CHARMING

Mixing patterns is *de rigueur* this season. Our advice? Pick up this rad plaid piece from Brit brand Reiss ($370, reiss.com), which opened in Canada this summer, and pair it with anything from a menswear-inspired blazer to a metallic-tweed jacket.



NEW LABEL WE LOVE
ICCHA JEWELRY

We're calling it: Toronto-based Iccha's intricate-yet-delicate statement rings are the next It accessories to be stacked on the digits of Canada's most stylish. We haven't stopped dreaming about these ruby-, opal- and orange-sapphire-adorned treasures (from $370, icchajewelry.com) since we spotted them in our Insta feed. 😍

"I FIND INSPIRATION EVERYWHERE: A VISIT TO THE MET, A STROLL IN CENTRAL PARK WITH MY SON OR HEADING TO A CONCERT WITH MY WIFE. MY KIDS KEEP ME UP TO DATE ON WHAT'S COOL, AND MY WIFE IS MY GREATEST MUSE."

– Tommy Hilfiger on the biggest influences of his career as the fashion house turns 30



COS FOR CELEBRATION

The day we've been hoping for has finally arrived, friends: COS is coming to Canada! To mark the arrival of our fave European clothing chain on Toronto's Bloor Street West this September, we asked COS' womenswear designer Karin Gustafsson for her styling tips on our editors' favourite pieces from the fall collection. (Consider your shopping list set.)

THE EDITORS	THE PICK	KARIN SAYS...
SARAH THOMPSON CONTENT PRODUCER	Wool dress ($175, cosstores.com)	"This dress is very understated; it's all about how the fabric folds around the body. Wear it with a cardigan and flat boots for work or with heels for the evening."
CHARLOTTE HERROLD ASSOCIATE FASHION EDITOR	Leather backpack ($390, cosstores.com)	"This is a modern take on the backpack—we wanted to reinvent it and give it a seasonal-but-functional feel so it can be worn every day."
LISA GUIMOND FASHION FEATURES EDITOR	Wool kimono coat ($350, cosstores.com)	"This coat has an extra-long belt that you can wrap three times around the waist to create a strong Japanese-inspired silhouette. Wear it on top of trousers or a skirt."
JULIANA SCHIAVINATTO EXECUTIVE FASHION EDITOR-AT-LARGE	Brushed-wool pencil skirt ($275, cosstores.com)	"This skirt was inspired by nature with its birchbark print. Style it with one of our oversized cashmere jumpers—a timeless look."

TEXT BY @CHARLOTTE HERROLD; GETTY IMAGES (T. HILFIGER & CONFETTI)


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Safari style: Supermodel Veruschka in Kenya, 1969









SPOTLIGHT

GREAT ESCAPE

Explore fall fashion's global influence with beading, embroidery and rich textures.

1. Embroidered silk mules, Maiyet ($1,180, maiyet.com). **2.** Viscose and wool vest, Topshop ($152, topshop.com). **3.** Glass-beaded necklace, Kate Spade ($128, katespade.com). **4.** Polyester-blend miniskirt, Winners ($129.99, winners.ca). **5.** Suede and silk kimono jacket, Tamara Mellon ($2,630, at NET-A-PORTER.com). **6.** Cotton and elastane trousers, Zara ($45.90, zara.com). **7.** Viscose pullover, Tory Burch ($395, toryburch.com). **8.** Polyester and steel earrings, H&M ($9.99, hm.com). **9.** Suede boots, Gianvito Rossi ($2,367, at NET-A-PORTER.com). **10.** Silk dress, Alice & Olivia ($920, aliceandolivia.com). **11.** Plastic iPhone case, Free People ($63, freepeople.com). **12.** Cotton fanny pack, Marshalls ($59.99, marshallscanada.ca).

STYLED BY JULIANA SCHIAVINATTO; IMAXTREE (RUNWAY); GETTY IMAGES (VERUSCHKA)


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I TREND 3 WAYS

TWEED, PLEASE

Have fun with colour in this season's whimsical woven fabrics.

The traditional English country cloth shakes off its conservative past with bold colour pairings fit for a finger-on-the-pulse city girl.

LOOK 1. Stretch-fabric boots, Stuart Weitzman ($1,050, stuartweitzman.ca); zinc earrings, Call It Spring ($5.99, callitspring.com); brass, zinc and steel necklace, H&M ($29.99, hm.com); viscose, acrylic, wool and cotton jacket, MSGM ($2,003, at NET-A-PORTER.com); polyurethane bag, Aldo ($60, aldoshoes.com). **LOOK 2.** Polyester and elastane dress, Rachel Zoe ($655, at stylebop.com); metal and quartz ring, Winners ($39.99, winners.ca); leather gloves, Valentino ($689, at NET-A-PORTER.com); calfskin bag, Chloé ($2,740, at Nordstrom, shop.nordstrom.com); leather shoes, Filippa K ($425, at Eugene Choo, eugenechoo.com). **LOOK 3.** Nylon, acrylic, wool and viscose turtleneck, Talula ($85, at Aritzia, aritzia.com); cotton, polyester, polyamide and elastane skirt, Zara ($19.90, zara.com); leather belt, Maje ($164, maje.com); leather and patent-leather pumps, AGL Attilio Giusti Leombruni ($447.46, at Bloomingdales, bloomingdales.com); leather, tweed and fox-fur purse, Les Petits Joueurs ($1,125, at Holt Renfrew, holtrenfrew.com).



STYLED BY JULIANA SCHIAVINATTO; IMAXTREE (RUNWAY)


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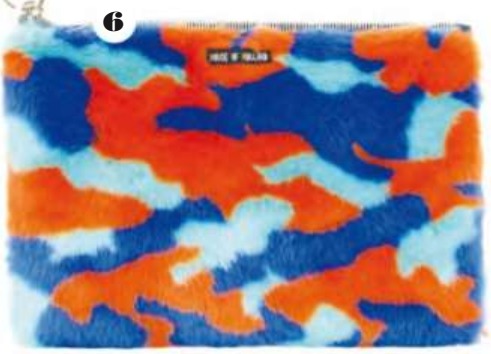
























SPOTLIGHT

FEELING FUZZY

Grab a hold of fall's statement makers: Bold furry clutches are the new It bags.

1. Ostrich feather, BCBGMAXAZRIA ($210, bcbg.com). **2.** Faux fur, Asos ($65.40, asos.com). **3.** Fur and leather, Tu Es Mon Trésor ($1,009, at brownsfashion.com). **4.** Faux fur, Stella McCartney ($1,403, at luisaviaroma.com). **5.** Faux fur, Topshop ($65, topshop.com). **6.** Faux fur, House of Holland ($500, at shopbop.com). **7.** Mink and snakeskin, Dolce & Gabbana ($2,845, at ssense.com). **8.** Lambskin, Marni ($3,197.22, at farfetch.com). **9.** Sheep shearling, Fendi ($1,993, at Neiman Marcus, neimanmarcus.com). **10.** Faux fur, Shrimps ($398, at shopbop.com). **11.** Faux fur, Misha Nonoo x Aldo Rise ($60, aldoshoes.com).

STYLED BY JULIANA SCHIAVINATTO; IMAXTREE (BACKSTAGE)

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NEW



* consumer test, 53 women.
** tactile evaluation of apparent age, 28 women – average results perceived 2.7 years.







MADE IN CANADA

BRUNSWICK + CO.



Brunswick + Co.'s Alison Lovell (above, left) and Alison Booth make the go-everywhere carryalls you've been searching for (from $75, brunswickandco.com).





"We can talk in hashtags if you want; we're really good at that," jokes Alison Booth, co-founder of Toronto-based accessories line Brunswick + Co. I'm sitting in the airy white downtown studio she shares with her business partner, Alison Lovell, as the pair explains to me how they have been learning to market their line of locally made leather handbags and clutches on social media.

The duo, who have been friends for two decades, launched their company from their neighbouring homes on Brunswick Avenue in 2010 and have been managing every aspect of the business—from design to e-commerce to shipping—ever since. It's one of the reasons they are adamant about keeping production local. "We can get on our bicycles and go see our factory," explains Lovell. "We can oversee everything and be in control of it." Their materials, however, are sourced from all over the world, such as buttery leather and soft hair on hide from Brazil and New Zealand and luxe coated canvas from Italy. "It's like a zoo," says Lovell with a laugh, gesturing to the mix of prints in their fall/winter 2015 collection. "We were drawn to all the different textures and colours."

Lovell's background as a textile designer and Booth's prior design stints at Céline and Coach inform their love of unique patterns and simple, functional design. "We're always circling back to this idea of classic and contemporary," says Booth.

"When we started, we found that there was a hole in the market for an affordable handbag that just works," adds Lovell. "And it was always more interesting to us to find something a little more off the beaten track, not something with a 'name' behind it."

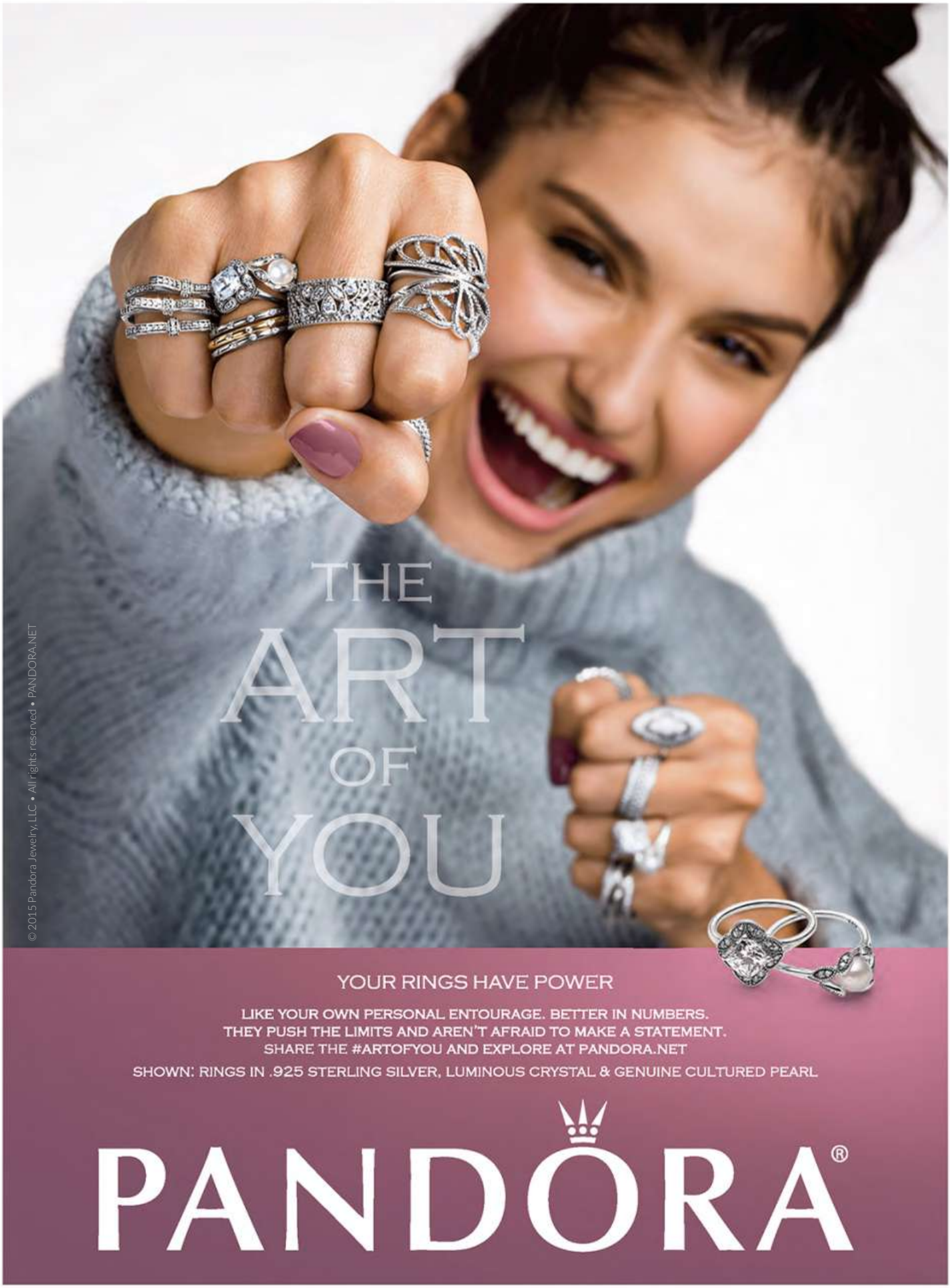
"WE CAN GET ON OUR BICYCLES AND GO SEE OUR FACTORY. WE CAN OVERSEE EVERYTHING AND BE IN CONTROL OF IT."

"So we had the idea for a no-logo bag at a moderate price point that's accessible to women like us," says Booth. They've continued to use themselves, and their friends, as inspiration season after season, imagining what styles and colours will take the wearer from boardroom to daycare pickup to dinner out with friends.

With their bags currently carried in high-end lifestyle shops in Canada, such as Pink Tartan and the boutique at Toronto's Four Seasons hotel, the pair have set their sights on breaking into the U.S. market this year. "And I've always wanted to make cool caftans," says Lovell, smiling.

Booth laughs, but her partner's excitement is contagious: "Yes!" she says enthusiastically. "They'll go with our beach bags!" □

TEXT BY CHARLOTTE HERROLD; CHRISTINA HODNET (A. LOVELL & A. BOOTH)



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Catriona Smart, Christine Dovey and Hana James shopping the #ELLECanadaCloset

SHOPPING SPREE

IN HER SHOES

We invited three stylish entrepreneurs to shop the #ELLECanadaCloset and choose from our favourite 25 pairs of shoes from Hudson's Bay. ***Now it's your turn to shop!***



EVAAN KHERAJ (C. SMART, C. DOVEY & H. JAMES); DANIEL HARRISON (FOOTWEAR)

THE COOL GIRL These snappy kicks are too nice to stow in your gym bag. Besides, sneakers are no longer just a treadmill staple. Just ask Gigi Hadid.



Mesh-textile "Roshe One" sneakers, Nike ($98)



FitKnit "GOwalk 2" sneakers, Skechers ($85)



Suede sneakers, New Balance ($100)

HANA JAMES

Co-founder and director of retail, Greenhouse Juice

If Hana James' effervescent personality is any indication of the benefits of juicing, we're stocking up, stat. The Torontonian opened Greenhouse Juice in 2014 with Anthony Green plus five partners who work behind the scenes in New York and Los Angeles. Since its launch, the juicery has opened five more locations across the city, quickly becoming the go-to for a pick-me-up. When James isn't serving up organic cold-pressed elixirs behind the counter, she's concocting new recipes (the superfood-packed smoothies are her brainchild) and working with a holistic nutritionist to ensure that everything on the menu is as good for you as it tastes. While the Greenhouse Juice team has a no-compromise motto when it comes to sustainability (glass bottles are a must) and produce (it's always 100-percent organic), James is quick to point out that they don't take themselves too seriously. "We like to call ourselves 'recreational juicers,'" she says. Merino-wool and acrylic sweater, Opening Ceremony ($375); viscose T-shirt, Lord & Taylor 424 Fifth ($29); wool and mohair pants, 3.1 Phillip Lim ($580); silver-plated bracelet ($150), silver-plated twisted bracelet ($135) and silver-plated and leather bracelet ($150), all Uno de 50; leather "Stan Smith" sneakers ($110), adidas. All items available at Hudson's Bay (thebay.com).



Leather and neoprene "Jamirah" boots, Vince Camuto ($295)



Faux-leather "Halsey" boots, G by Guess ($160)

THE CITY SLICKER

Take the classic knee-high boots to new heights by pairing them with a flirty dress, chunky knit and skinny scarf—our favourite accessory this season—for an haute take on equestrian chic.



Leather "Jayden Button Tall" boots, Frye ($498)



Leather "Josephine" boots, Sam Edelman ($385)

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Leather "Amston" booties, Timberland ($150)



Suede and shearling "Sadie" booties, House of Harlow 1960 ($180)



Leather "Xevera" booties, Design Lab ($169)

THE ADVENTURER

If your ultimate playlist is '90s R&B (Mariah meets Whitney meets Aaliyah), it's time to embrace the throwback vibe and lace up a pair of military-inspired boots.

Join the off-duty-model club with a pair of cool retro trainers, all-white runners or floral flatforms. We even give you permission to wear them at the office.



Leather "Stan Smith" sneakers, adidas ($110)



Leather "Jasmin" sneakers, Ash ($280)



Textile sneakers, Reebok ($120)

#ELLECanadaCloset
PRESENTS



CATRIONA SMART

Founder, cocoandcowe.com

Catriona Smart wrote for a friend's blog before launching Coco & Cowe, a lifestyle site that she calls "your digital best friend." Smart and her team are always on the hunt for the best jet-set destinations, restos and fashion finds. Her career advice? "People are so afraid to put something out there that they stop themselves," she says. "Just start!" Polyester blouse, Nic+Zoe ($148); lamb-leather jacket, 3.1 Phillip Lim ($2,075); cotton jeans, Citizens of Humanity ($259); gold-plated-metal ring, Diane von Furstenberg ($98); silver-finish metal bracelet with blue beads ($46), gold-finish metal bracelet with orange beads ($46) and gold-finish metal bracelet with anchor detail ($58), all Alex and Ani; gold-tone-metal and amethyst resin necklace, KARA Kara Ross ($95); rhodium and crystal earrings, Vince Camuto ($28); suede "Cardio" pumps, Nine West ($125). All items available at Hudson's Bay (thebay.com).

THE BRAINIAC

Consider the loafer your new BFF. This French-girl staple will give you the laissez-faire flair you've been after, whether you're at work, on a date or having brunch with your squad.



Leather and calf-hair "Celia" loafers, Calvin Klein ($140)

Leather and suede "Valentina" loafers, Lord & Taylor 424 Fifth ($119)

THE JET-SETTER

Next time you reach for black on black, think again. Pump up the volume with a bold hue instead. Who says you have to shake off the winter blues?



Suede "Cardio" pumps, Nine West ($125)

THE URBAN RANGER

Is your favourite fashion uniform jeans and a white T-shirt? Step up your everyday look with some edgy booties.



Leather "Haverly" booties, Franco Sarto ($185)

Leather "Paulina" booties, Coach ($250)

Leather "Elion" booties, Cole Haan ($225)

Leather "Boundary" booties, Pegabo ($130)

EVAAN KHERAJ (C. SMART & C. DOVEY); DANIEL HARRISON (FOOTWEAR)



CHRISTINE DOVEY

Owner, Christine Dovey Style

Toronto-based interior-design guru Christine Dovey describes her style as a mix of girlie with a little edge. "I get excited by things that are quirky," she admits. It's no surprise that her refined aesthetic propelled what began as a simple e-design service—Dovey created mood boards for clients' own DIY projects—into a full-service business with international reach. Now, Dovey is expanding her design repertoire: She's flipping a house and has a decor collection and a reality-TV show in the works. Silk dress, Derek Lam 10 Crosby ($635); shearling vest, Lord & Taylor 424 Fifth ($799); gold-tone-steel and cubic-zirconia cuff, Michael Kors ($270); gold-plated-brass cuffs, Hervé Van Der Straeten ($640 and $655); gold-plated-resin necklace, By Malene Birger ($425); leather "Val" booties, Rachel Zoe ($495). All items available at Hudson's Bay (thebay.com). □



Leather "Willa Too" flats, Kate Spade ($228)

THE STYLE TRACKER

Ballet flats don't have to be basic. Opt for a wild print and stand out from the pack.



Leather and suede "Belinda" booties, Sam Edelman ($295)



Patent-leather and suede "Yellia" pumps, Ted Baker ($255)



Leather "Val" booties, Rachel Zoe ($495)



Suede "Gulia" sandals, Alice + Olivia ($355)

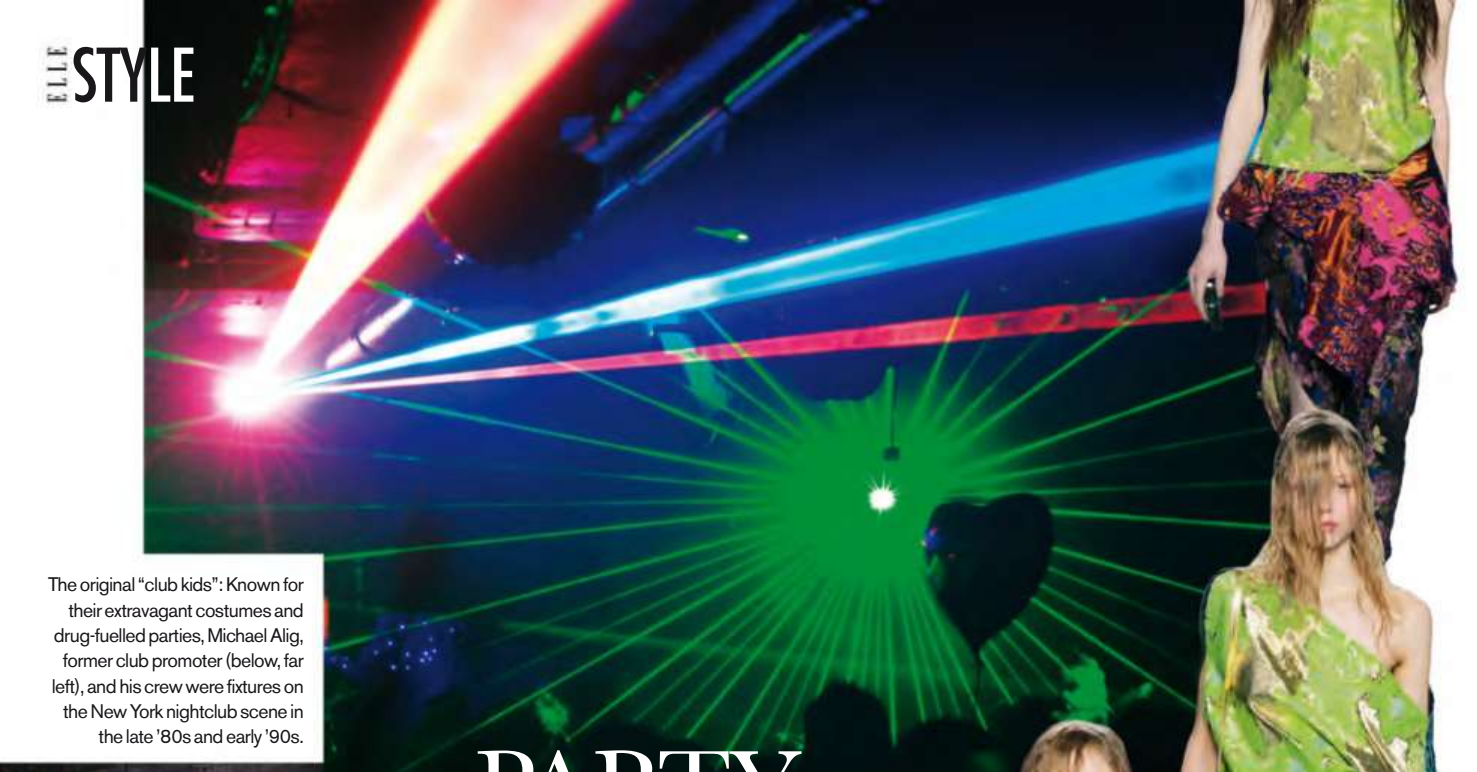
THE GLAMAZON

Gold! Suede! Fringe! 'Tis the season to channel your inner glamazon with sky-high heels that perfectly complement your LBD.

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Learn more about these women and their shoes by scanning with the free ***viewa*** app or going online to **ELLECanada.com/shopshoes**.



The original "club kids": Known for their extravagant costumes and drug-fuelled parties, Michael Alig, former club promoter (below, far left), and his crew were fixtures on the New York nightclub scene in the late '80s and early '90s.



PARTY MONSTER

Designers are bringing back the club kid.

BY HEATHER O'NEILL



MARQUES'ALMEIDA



MARQUES'ALMEIDA

When I used to dress up on Saturday nights and step out of my apartment, I felt as if I were stepping out of a five-star hotel and into a sea of paparazzi, their flashes going off all around me. It was the 1990s, and I was very young and very happy.

I would march along Montreal's busy streets, my arms linked with those of my friends. I always struck up friendships with the most creative and charismatic people I could find—the ones who treated conversations at a 24-hour diner like they were Truman Capote on a late-night talk show. It felt as if we'd end up in the tabloids the next day, our quips in quotations under our fabulously chic photos. And why shouldn't we feel famous and powerful? We were part of a brand-new generation, redefining the way the world was going to look.

I went dancing at all of the clubs: the one that used to be a post office, the one that used to be a famous theatre in the 1920s, the illegal one above a grocery store. I put wild outfits together so that I'd stand out in a crowd of clubgoers who were also doing their best to stand out. I threw my clothes together with a carefully crafted eccentricity that can only be pulled off by a 20-year-old with fearless style and an over-the-top sense of self.

For a while, I rocked the young Gloria Steinem look, wearing pieces I'd found in a ▷

GETTY IMAGES (NIGHTCLUB & M. ALIG AND FRIENDS); IMAXTREE (RUNWAY)


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American pop artist Andy Warhol (far right) with his associate Gerard Malanga and members of the band Velvet Underground in New York City, *circa* 1966; party-ready models at Calvin Klein's fall 2015 runway show (below)



box of my mother's clothes from the 1970s. On one occasion, I went to a club wearing a Zorro mask with my hair sprayed silver. I appropriated my appearance from just about everywhere: history, paperback classics, comic books, photographs of David Bowie and fashion magazines.

Looking at the runway collections this season, I was once again reminded of those electric, snazzy nights of blue boots and long hair. There was a happy and brave collage of looks, which designers assembled taking cues from the nightclub scenes of different decades. Their borrowing, however, was not merely an exercise in sentimentality; it was more of a reimagination of the "club kid's" transgressive sense of style.

Calvin Klein's show was set to the tune of "Venus in Furs" by the Velvet Underground. And, true to the late-'60s soundtrack, the models came out dressed in miniskirts and maxidresses, swingy culottes and jumpsuits and knee-high boots and Mary Janes. They looked as if they might be headed to Max's Kansas City—the famous gathering spot for A-list musicians, poets, artists and politicians who wanted to party—to cram into a booth with Andy Warhol.

The models at Karen Walker strutted out in wild flared pants, wide butterfly collars, dark-denim jumpers, shearling coats and big sunglasses, looking like they'd just stepped out of Studio 54 in the 1970s after having had a tiff with Mick Jagger. "We've been inspired by everything from '70s afternoon TV to eccentric English gardeners, superheroes, '70s dance subcultures and suffragettes," explains Walker. "My style, as a young woman, was a combination of my mother's glamorous '70s wardrobe, vintage and things I made myself. The whole reason I got into fashion was because I couldn't find things I wanted to buy. I never placed any limits on my experimentation ▷



Karen Walker revived '70s swagger with the finest psychedelic ensembles.

BEHIND THE CLUB SCENES

It takes a great leap of the imagination to reinterpret and revive looks from the past, especially when experimentation is the hallmark of the time. We asked Oscar-nominated costume designer Michael Wilkinson about the looks he created for the Studio 54 scenes in the film *American Hustle* and for *Party Monster*, the cult movie about the notorious "club kid" Michael Alig. (Alig murdered his friend and drug dealer in what is claimed to have been a drug-fuelled frenzy.)



AMERICAN HUSTLE

"The '70s was such an exuberant and expressive period for clothes—an era when ideas were big and

GETTY IMAGES (CALVIN KLEIN RUNWAY & VELVET UNDERGROUND); IMAXTREE (KAREN WALKER RUNWAY)


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Vivienne Westwood fired up the '80s with androgynous silhouettes, over-the-top patterns and an "anything goes" attitude fit for a fashion party (confetti included).

with clothes, especially as a much younger person when a night started at 1 a.m."

Vivienne Westwood tapped into the '80s, bringing back that decade's iconic oversized blazers, parachute pants, enormous shoulder pads and outrageous colour patterns. At Marques'Almeida, the frayed and mismatched metallics and asymmetrical pieces had '90s flair with a new rave edge, giving models the look of having partied too hard. "It's like the girls have been out dancing all night, sweated lots, put a hat on, fallen asleep on the bus home and then taken the hat off," explains Duffy, the lead hairstylist.

The mood on the catwalk was fearless, which is precisely what defined nightclub culture, especially in the '90s: The rules of dressing dissolved, leaving the dance floor open to anyone and everyone with an imagination and a glue gun. Tiga, a DJ and legendary club promoter who has been attending dance parties since he was five years old in Goa, India, and later as a teenager in Montreal, recalls a distinct DIY style of clothing that flooded his Montreal club, Sona, in the '90s. He remembers a man dancing with a bottle fixed to his head and a man who was dressed only in tight briefs. "There was a mix-up of styles because people were trying to figure it out live, in real time," he says.

Once, in an homage to Wim Wenders' *Wings of Desire*, I put on a white silk slip with tattered lace trim and a pair of large feathered wings. I felt like I wasn't being told what to wear, that I was celebrating being alive in that time and in that place. I, too, was inventing the era with a staple gun and five-dollar wings from the costume store. We were all fashion designers, with our peculiar influences and philosophies, building our own identities one outfit at a time.

The club-scene revival that appeared on runways is not a mere dressing game; it's a retro revival that's really a call to action. "Take more chances!" it screams. "Let loose!" it booms. "People's threshold for originality has plummeted," says Tiga, blaming social media and the hyper-availability of any and all sources of inspiration for the predictable uniform that today's nightlife fauna has adopted. "In the '80s, I wanted to look like Duran Duran," he explains. "If you were 11 [and lived] in Montreal, you had a tiny little photo on the back of an album, a page in a magazine and a music video to amalgamate a facsimile of what they looked like. Now, with Instagram and the Internet, you can find whatever you want." The accidental originality that resulted from limited resources and unlimited imagination is dwindling, he says. But there's hope: "There's still always a minority who are finding original ways to dress," he says. The proof is on the catwalk.

It's that very idea of fashion ingenuity that designers are bringing back as they recreate a century's worth of parties, inviting the wildest participants from each decade to march down the runway again. In an interview with The Huffington Post, William Noguchi, New York nightlife personality and visual manager at Patricia Field, declared, "I like to think that whoever had the first party in New York invited all the people that were the pure raw forms of these different styles of people and everyone has been trying to recreate that fabulous party since then." With the unabashed and idiosyncratic use of costume, designers have set the stage for the return of the club kid—the unwitting fashion icon who will stop at nothing to get noticed for not dressing the part. □

people lived large, took risks and didn't give a damn. At Studio 54, downtown mingled with uptown, and business tycoons danced with graffiti artists," says Wilkinson. "So I created characters in designer suits, kids in tube socks and scoop shorts, models in outfits made of pantyhose and heiresses in haute couture—all bathed in a layer of sweat and glitter."



PARTY MONSTER

"I remember making costumes out of leotards, cardboard and sequins, staying up all night, fixing things with hot-glue guns and staples, praying that the costumes would last as long as the scene took to shoot," says Wilkinson. "I had an amazing crew of costumers. We rolled up our sleeves and got it done, but I could never have pulled it off without the blessing and co-operation of the club-kid scene in New York. Some of the kids loaned me original pieces, some explained how they would put their outfits together and some simply helped me get inside their wild imaginations and liberate my creativity!"

IMAXTREE (RUNWAY)

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ELLE RADAR

TRACKING THE BEST IN MOVIES, BOOKS, MUSIC & ART

THE GREAT ESCAPE

This month's most-talked-about authors, musicians and artists will have you daydreaming.



Remember L.A. in the '80s? Haim does. But if you need a refresher, look to another famous Haim—as in Corey Haim and his SoCal classic *License to Drive*.

FAMILY TIES Meet "the wolf pack," a.k.a. Haim, 2015's coolest sister act. Youngest member Alana talks to us about growing up in L.A., tacos and conjuring magical moments.

EDITOR'S POV Finding inspiration is one thing, but turning your inspiration into something tangible, something real—well, that's another story. This month, take a page from authors Camilla Gibb, Gregory Maguire and Sloane Crosley (profiled in our must-reads for fall 2015). Each of these novelists sent their most recent set of characters in search not of inspiration itself but of a story, an object or a dream. Why? Because, as Maguire notes, "even a dream makes us bigger." **ALIYAH SHAMSHER**



Sister, sister! From left: Alana, Danielle and Este Haim

WE ♥ HAIM

Currently in the early stages of writing a follow-up to *Days Are Gone*, Grammy-nominated Haim is music's hottest sister act. Fresh off the road from touring, Alana, 23, the baby of the group, called us from her L.A. pad to share secrets from inside "the wolf pack."

THE ORIGINS OF THE WOLF PACK "My oldest sister, Este, is why we became so close. She introduced me and [my sister] Danielle to the L.A. music scene. They got me my first fake ID so I could go out with them. We'd go to the Echo, the Silverlake Lounge and the Satellite; we were this wolf pack that was always together."

HOW THE WOLF PACK STAYS TOGETHER "You should ask my parents how they raised us. They totally should write a parenting book. To this day I'm like, 'Can you raise my kids? I don't know what you did to make us love each other so much!'"

WHERE THE WOLF PACK EATS "Tacos and burritos literally fuel our lives. There's this place [in L.A.] called Taco Zone—it's like a roach coach and it looks really scary; you wonder if you're making the right decision, but then you get the tacos and you're like, 'Completely the right decision.'"

WHAT THE WOLF PACK FEARS "Being charged for a crime that we didn't commit and going to jail is a weird fear that my sisters and I have."

WHY THE WOLF PACK IS A POWERFUL FORCE "When all three of us go out together, something crazy is going to happen—something where we think 'How did we get here?' We went to the *Saturday Night Live* 40th reunion and I didn't see my sisters at the beginning of the party because we got separated, and then the second we got together, Prince showed up. We're like a weird witchy wolf pack that conjured up Prince in a purple cloud." ▷

"WE HEART HAIM" BY SARAH LAING; BELLA LIEBERBERG (HAIM); GETTY IMAGES (C. DELEVINGNE, MAIN IMAGE); IMAXTREE (C. DELEVINGNE MAKING FACES)

LATEST & GREATEST

HIT LIST

What we're talking about this month.







QUOTABLE

"THE ENERGY YOU GIVE OFF IS THE ENERGY YOU RECEIVE. I REALLY THINK THAT, SO I'M ALWAYS MYSELF—JUMPING, DANCING, SINGING AROUND, TRYING TO CHEER EVERYBODY UP."

– Cara Delevingne, who stars in the upcoming movie *Pan* (out October 9), on always being yourself









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FOOD

EUROPEAN TOUR

Take a foodie adventure in Paris with Vancouver native Jackie Kai Ellis of Beaucoup Bakery & Café this fall. Fuelled by her love of all things Parisian (and anything cream-filled and topped with chocolate), Ellis created The Paris Tours (theparistours.com), an intimate guided walking tour of the city via her favourite bakeries. You'll likely taste-test such treats as the chocolate eclairs from the famed Fauchon bakery and the petits fours from Mori Yoshida. Her next trip is scheduled for late September, early October—so book, like, right now.



ART

From left: *Arles* (2012) by Annette Kelm; *Glemie Playing the Blues, Westside, Detroit* (2011) by Dave Jordano; *Additive (Sugar Cubes)* (2015) by Owen Kydd

PICTURE SHOW

"There are so many images in the world, and for me to make another one, there needs to be a good reason," said American photographer Lisa Oppenheim after winning the International Aimia/AGO Photography Prize last year (Canada's most significant photography award, which is voted on by the public). This year's nominees, including Canadian Owen Kydd, seem to have taken this statement to heart—Calgary-born, L.A.-based Kydd in particular, who is less interested in capturing a moment in time than the actual process of depiction. Using everyday objects in situ, his images move ever so slightly on a loop—a chandelier rotating from left to right or a flower's leaves rustling in the wind—to give the illusion of time passing. Other nominees include American Dave Jordano for his Detroit series, German artist Annette Kelm, whose small objects become sculptural masterpieces in front of her lens, and Hito Steyerl (also from Germany), who looks at the Internet's impact on images. Public voting begins September 15, and you can see all the nominees' work at the Art Gallery of Ontario until January 6, 2016.



THEATRE

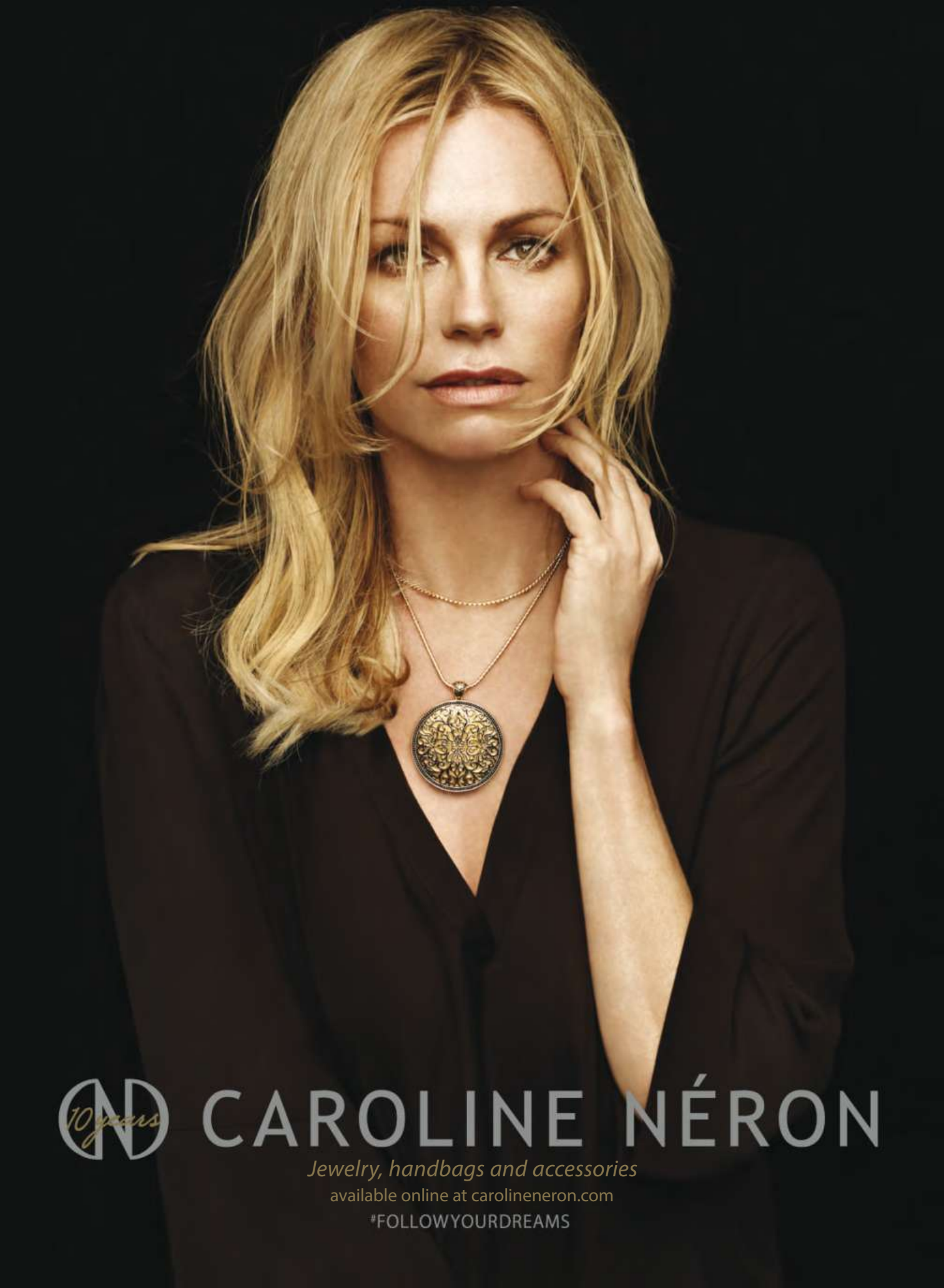
FLIGHTS OF FANTASY

Talking wings, party dresses and La Traviata *with costume designer Cait O'Connor.*

There are many reasons to go to the Canadian Opera Company's new production of *La Traviata* (an event where people-watching with glorified binoculars is condoned? #yesplease). First, it's a tragic tale (the title translates to "The Fallen Woman") about a courtesan with a fatal disease told through Verdi's wonderful melodies. Second, it features costumes by Cait O'Connor, a rock star of the stage style world whose previous credits include Cirque du Soleil. We chatted with the 34-year-old New York City native about what went into creating a show that's all about "exaggerated decadence."

What is the overall vibe of the production's costumes? "The heroine, Violetta, lives in a world of extreme fantasy. The opera opens on a mad mock court, where ladies are pulling together a ▷

"EUROPEAN TOUR" & "PICTURE SHOW" BY ALIYAH SHAMSHER; "FLIGHTS OF FANTASY" BY SARAH LAING; FLYTOGRAPHER (J. KAI ELLIS); COURTESY CAIT O'CONNOR (*LA TRAVIATA* ILLUSTRATIONS)


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SCREEN STAR GRACE GEALEY

When FOX's new drama *Empire* ended its first-season run earlier this year, it garnered 21.1 million viewers, making it one of the most-watched shows—not just in 2015 but in network-TV history—beating out shows like *30 Rock* and *The X-Files*. For a show that features a predominantly black cast and depicts the ins and outs of a family-run R&B record label, it's a triumph for not only FOX but also, as many pop-culture critics have noted, the black community. "This is what our world looks like, and to finally have TV breaking the mould and depicting it is a wonderful thing," says actress Grace Gealey, who plays Anika Calhoun, a relentless and uncompromising R&B executive.

While taking a break from filming the second season in Chicago, the 31-year-old Cayman Islands native recalls what it took to land the role of Anika: "I went to school for eight years to get two degrees in theatre, but after I graduated, it was really difficult to break into the industry. I was living from paycheque to paycheque. I worked so many side jobs; I had to hustle to make it work."

Last year, Gealey, whose parents are both deaf, decided to quit acting to become an interpreter. She had just started setting up her own business when she got the call for *Empire*: "It completely changed my life. I thought, 'Okay, I guess I'm back in!'"

For the actress, being able to work full-time in an industry that she credits with helping her regain her self-worth is a hard-won victory. "I was bullied growing up, and it left me questioning my sense of self," she says. "I was always thinking 'Am I good enough?'" It was through acting that Gealey learned how to celebrate her identity: "It took a while, but I was able to detach myself from that mentality. I was so happy to come out of that period, and all I want is for everyone else to be able to experience that too."

To help young girls deal with the effects of bullying, Gealey now works with Saving Our Daughters and its performing-arts initiative Saving Our Cinderellas: "When young girls are taught to truly embrace their own individuality, they begin to understand that this is something to be celebrated."

ALIYAH SHAMSHER ▷

RAPID-FIRE

If you could be cast as any classic femme fatale, who would it be? "Catwoman." **What song always makes you want to dance?** "Boyz II Men's cover of 'Money (That's What I Want)' always has me twisting and turning on the treadmill. Love." **Favourite emoji?** "❤"

vision of Versailles. This celebration is powdered over and playful. It's sugary 'til your teeth ache. The second gala invites the underside of the illusion: These clothes are dark and dangerous; fantasy has turned to hallucination. All of the colours are pulled from the iridescent spectrum found in crow's feathers and the acidic rainbow of an oil slick."

What are some of your favourite details on the costumes? "Violetta's first look is ethereal and light, evoking the celestial imagery of stars and nightingales. I love the lustre of the silks we used, painted to suggest the dark undercurrent of the world Violetta is trapped in. Violetta's Act III gown is an entirely different interpretation of seduction. For the 12 layers—each one a different fabric—we used rich velvets and yards of jewelled trim to create an elegant-yet-dangerous look."

Is there a "wearable" look from the show? "I think it's all wearable! What I love about the costumes in *La Traviata* is they celebrate fantasy, desire and fragility. But I think the perfect pair of golden wings is the ultimate accessory."

La Traviata *opens in Toronto on October 8 and runs until November 6 (coc.ca).*



SHANNA FISHER (G. GEALEY)

Why are Nutrisse blondes better than ever?

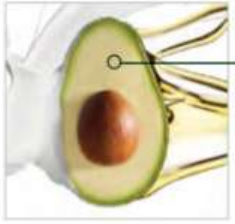
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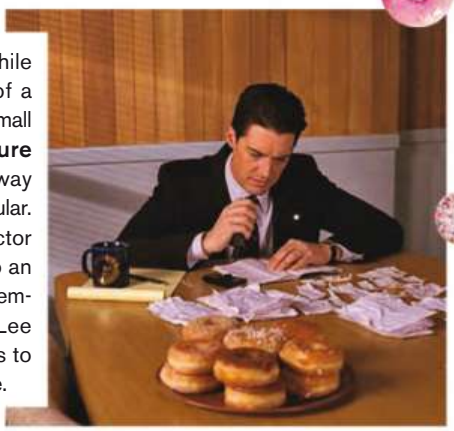
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TELEVISION

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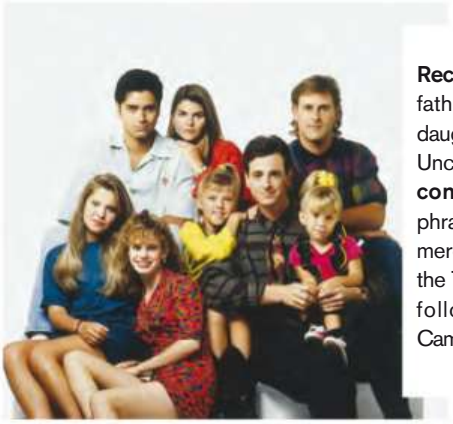
The future of television is looking decidedly '90s.

TWIN PEAKS



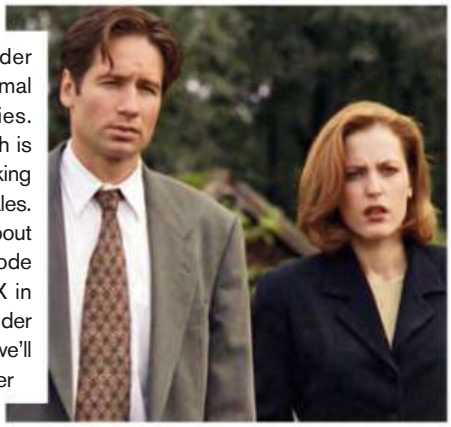
Recap An FBI agent disappears while investigating the disappearance of a young girl named Laura Palmer in a small town called Twin Peaks. **Pop-culture contribution** Incest as a storyline way before *Game of Thrones* made it popular. **Reboot status** Co-creator and director David Lynch has finally committed to an 18-episode arc, with original cast members Kyle MacLachlan and Sheryl Lee returning in 2017, causing super-fans to virtually high-five one another online.

FULLER HOUSE



Recap In the original *Full House*, widowed father Danny Tanner brings up his three daughters in San Francisco with the help of Uncle Jesse and Uncle Joey. **Pop-culture contribution** Roughly a million catchphrases, such as "How rude" and "Have mercy." **Reboot status** Netflix is bringing the Tanner family back in 2016. The show follows D.J. Tanner Fuller (Candace Cameron Bure), a widow and mother of two with a third child on the way.

THE X-FILES



Recap FBI special agents Fox Mulder and Dana Scully investigate paranormal occurrences and conspiracy theories. **Pop-culture contributions** "The truth is out there," "I want to believe," the Smoking Man and an upswing in trench-coat sales. **Reboot status** There's no news yet about what we can expect from the six-episode miniseries "event," set to air on FOX in 2016. Although it's rumoured that Mulder and Scully have broken it off for good, we'll still be watching. #theybelongtogether

SO '90S

'90s shows so beloved, we'd start an Internet campaign to bring them back.



TELEVISION

VIEWING PARTY

The new guilty-pleasure TV shows to watch this fall, based on your guilty-pleasure snack of choice.



SNACK: Beef jerky
SHOW: *The Bastard Executioner* (FX)
WHY: An English knight puts down the sword only to take up the executioner's sword. Fingers crossed that this bloody, blokey story from the creator of *Sons of Anarchy* will have a Charlie Hunnam cameo.



SNACK: Nerds
SHOW: *The Muppets* (ABC)
WHY: For the true '90s kid, this is a mockumentary about the antics behind the scenes of late-night talk show *Up Late With Miss Piggy*. Gonzo, Rizzo and Pepe the King Prawn are writers, and Kermit is executive producer for his ex, a certain porcine blonde.



SNACK: Wings
SHOW: *Blood & Oil* (ABC)
WHY: Chace Crawford has left the Upper East Side to look for quick riches in a small oil-boom town in North Dakota. Nate Archibald as a desperado in big-sky country? That's what we call striking it rich. □

"BLAST FROM THE PAST" & "SO '90S" BY ALANNAH O'NEILL; "VIEWING PARTY" BY SARAH LAING

LISE WATIER

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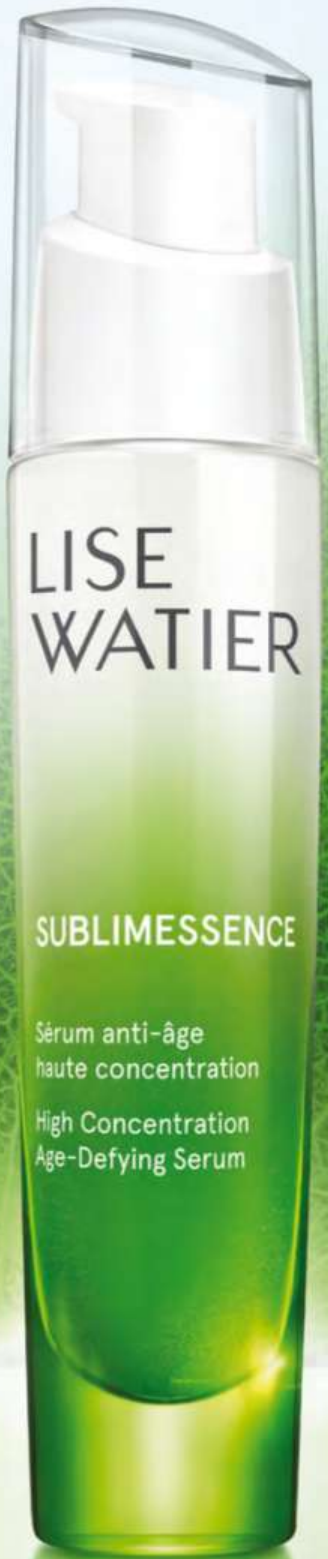
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WHAT NANCY MEYERS WANTS

A frank conversation with one of Hollywood's most successful directors about men, women and her three-decade-long career.

Your favourite Nancy Meyers film will vary depending on your generation—*Baby Boom* for women coming of age in the '80s, *What Women Want* for people navigating the dating world in the early '00s, *The Holiday* for everyone everywhere at Christmas—but chances are you'll love them all for the same reason: her warm-hearted but sharp-eyed take on the way women live. We chatted with the screenwriter and director from her home in Los Angeles about her latest film, *The Intern* (in theatres September 25), and why she's focusing on the next generation "trying to have it all."

You wrote as well as directed* The Intern*, which is about an older retired man, played by Robert De Niro, who goes to work as a "senior intern" at a start-up run by Anne Hathaway's character. Where did that scenario come from? "It started with the idea of an older person being dissatisfied with retirement and volunteering at something that would be new for him. I know lots of older people who feel that they have a lot to give."

Could you have made this film 20 years ago? "The movies I've made over the years tend to reflect what's going on with me. I could not have written the older character in this film until I turned 60 because, before then, I couldn't have understood where he was. This movie is also a heartfelt, loving appreciation of a man."

What do you mean by that? "I really appreciated who Robert De Niro's character was all the way through the movie. I didn't really change him; he was already in great shape. I've noticed that what is being portrayed in movies is a reflection of what has happened to men, so I wanted to write about that and say '[De Niro's character] is a good example of what you could aspire to be like.'"

In your opinion, what has happened to men today? "We used to have 'Take Your Daughter to Work Day' because we wanted to encourage young girls, but we never had 'Take Your Son to Work Day' because it was assumed he would grow up and get a job. I remember when [my daughters] were in high school and they would go to a party, they'd wear adorable dresses and the boys would come over and look like they'd fallen out of bed. And I think [for guys] that that has continued into their 30s; they're still dressing like little boys and playing video games. There have been 10 years of movies about these kinds of guys."

One of the most interesting people in the movie is Anne Hathaway's character's husband. "I'm not going to talk too much about what happens because I don't want to ruin it, but he is a stay-at-home dad. I was talking to women and going over the whole 'How are you treated when you're a working mom?' I talked to five Hollywood executives, all in their mid-30s: Four of the five had stay-at-home husbands."

It feels like an interesting addendum to the conversation we've been having for so long, which is "Can women really have it all?" "This movie is a bookend to *Baby Boom* from 1987. [Diane Keaton] plays an employee and Annie [Hathaway] plays the founder of a start-up, but the dilemma is still there. I don't think you can have it all; I don't think that men can either, by the way. In *Baby Boom*, the male boss takes [Keaton] out for dinner and says: "I can have it all. I can have a wife and kids, and I can keep working." That's a fallacy; he's lying! He's missing a lot with his family too; it's hard—the struggle is hard."

SARAH LAING

THOMAS WHITESIDE



HUDSON'S BAY

VINCE.

FUN FACT
It's believed that jack-o'-lanterns originated in the British Isles.



FAMOUS PUMPKINS
- The demon Pumpkinhead (of the 1988 film)
- The world's heaviest (as in 1,054 kilograms) pumpkin
- The Great Pumpkin (of Charlie Brown fame)
- The Smashing Pumpkins



MEET THE MIXOLOGIST

Allison Hurley waved her mixologist's wand to conjure up this frighteningly decadent booze-and-milk concoction. To make your creation truly spooktacular, she suggests this garnish: "Take a chocolate Hershey's Kiss and a flat, round chocolate wafer and stick them together to make a witch hat!"



PAIRS WELL WITH...
A pillowcase full of Tootsie Rolls.





SUPERNATURAL SOUNDTRACK
At the witching hour, pop on Grace Potter's spine-tinglingly good debut solo album, *Midnight*.



ON THE RUNWAY Don't over-think it this October 31.



COCKTAIL SPOTLIGHT

THE JACK-O'-LANTERN

Tricks (and treats) should not be just for kids this Halloween. Grab your favourite ghoul and sock hop/time warp on down to your favourite haunted malt shop (undead Danny Zuko costume optional) for this spooky, sweet and, oh yeah, spiked frozen treat from Toronto's W Burger Bar. As lead bartender Allison Hurley so rightly says: "There's nothing more Halloween than a black-and-orange milkshake." We won't say boo to that. □



PERFECT MATCH
Orange lips for your orange drink. Because you can. (Sephora Collection Oil Infusion Color & Care in Tangerine Fizz, $18, sephora.ca)

RECIPE

2 1/2 scoops vanilla ice cream
1 1/2 oz. (45 mL) Jack Daniels
1/2 oz. (15 mL) Grand Marnier
Orange food colouring
Milk

Spoon ice cream into a blender. Add whisky and liqueur, a splash of milk and a drop of food colouring and blend. Gradually add more milk until desired thickness is reached.



GHOSTLY ENCOUNTERS OF A CELEBRITY KIND
"My house in Los Angeles is haunted. The door to our guest room is always opening and closing on its own. I'm not scared, though. My husband said that knowing there are ghosts is the best thing, because then we have proof that something happens after we die!"
– Ellie Kemper



UNDER THE COVERS
Put your flashlight under your chin and dive into this deliciously terrifying collection of ghost stories. Our pick? P. G. Wodehouse's tale of a phantom fluffy white dog.

ELLE CANADA For the recipe for a Jack-o'-Lantern made with black ice cream, visit **ELLECanada.com/currentissue**.

TEXT BY SARAH LAING; RYAN SZULC (COCKTAIL); COCKTAIL STYLED BY NANCY MIDWICKI; PROP STYLING BY MADELEINE JOHARI; IMAXTREE (RUNWAY)

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SNAPCHAT

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Add us for a behind-the-scenes look at the ELLE Canada office.

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@ELLECanada

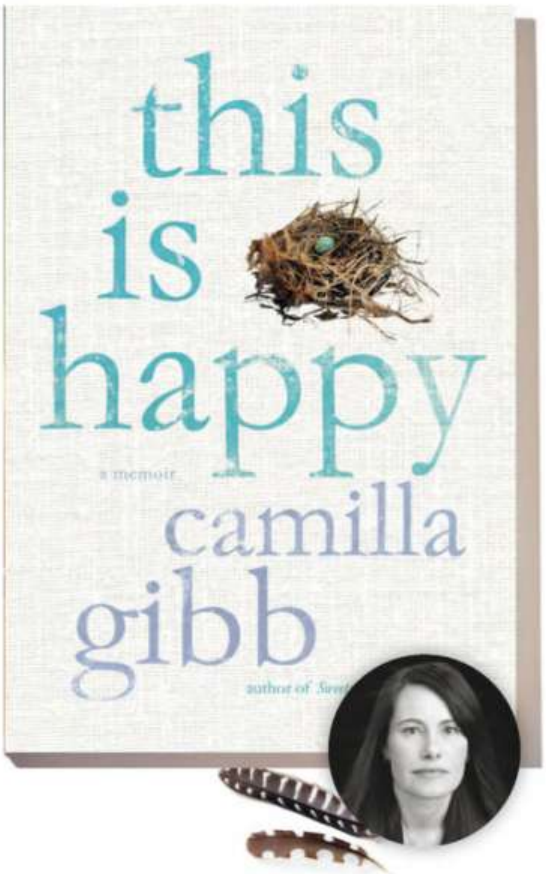
Find us for live video coverage of A-list events in Canada.

VISIT ELLECANADA.COM/CURRENTISSUE

IMAXTREE (RUNWAY); GETTY IMAGES (BLACK-AND-WHITE TARGET); INSTAGRAM/MARISAROY (M. ROY)

15 FALL MUST-READS

The writers and need-to-devour books you'll cozy up to this season. BY SARAH LAING

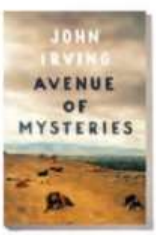


CAMILLA GIBB

A much-awarded Canadian novelist celebrated for her lyrical, haunting semi-autobiographical fiction, Camilla Gibb has stepped into the realm of non-fiction with *This Is Happy*, a page-turning memoir about what happens when dreams dissolve (in Gibb's case, having her marriage fall apart while she's pregnant) and the funny ways that life can rebuild itself.

WHAT IT'S ABOUT "Whatever loss we experience in the present has its antecedent in what has come before. It's also about the unexpected in life: what arises and how we construct a family out of the ashes." **WHAT IT'S NOT** "I don't want it to be seen as a gay memoir, because I don't think it is. I think it's a story of loss and life and family; the fact that I was in a same-sex marriage is irrelevant." **WHAT INSPIRED IT** "After my marriage ended, I hadn't written a thing. Language felt very hollow; I couldn't pin it down. I'd been reading Ian Brown's *Boy in the Moon*, a memoir about life with his special-needs son, and it was absolutely extraordinary. I actually emailed him to ask how he found brightness in his situation, and he said that he didn't have any answers but that I needed to write. So I began keeping a record of how things unfolded." **WHAT YOU'LL GET OUT OF IT** "In my limited experience, people don't ask me questions [about this book]; they tell me stories. That's the most rewarding part for me: It makes people reflect on their own lives and the people they call family."

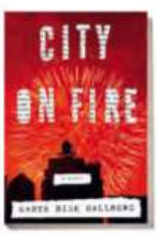




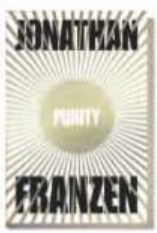
***Avenue of Mysteries* by John Irving** Juan Diego's life begins on the edge of a Mexican rubbish dump and ends with him living the "Iowan dream." What happens in between is a page-turning meditation on destiny, luck and love.



***The Heart Goes Last* by Margaret Atwood** The grande dame of CanLit is back with another dystopian tale, this time about an upside-down world where the good guys are imprisoned and the bad ones go free. (And, no, it's not non-fiction.)

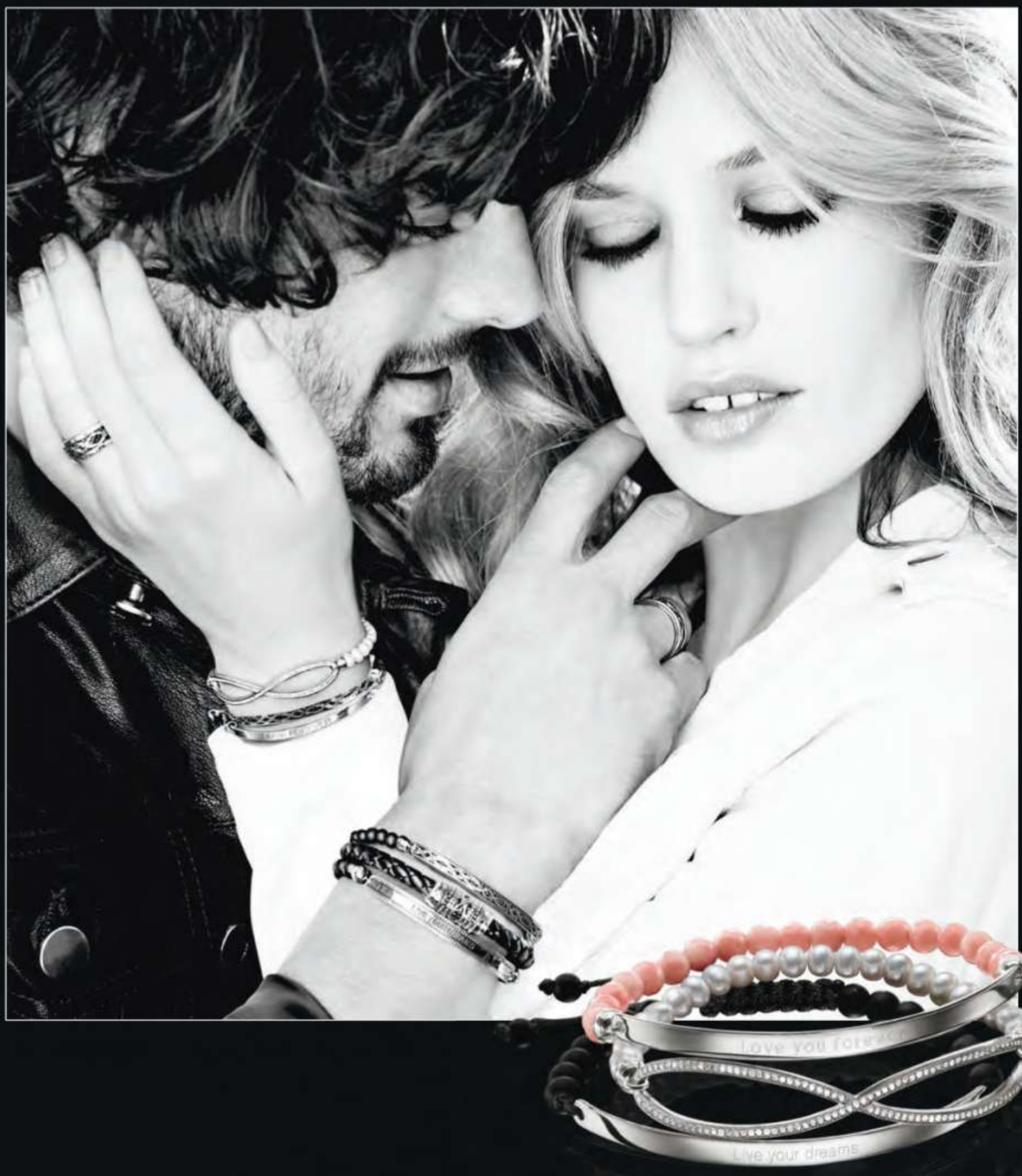


***City on Fire* by Garth Risk Hallberg** This epic debut novel is set in 1970s New York. It begins with a shooting in Central Park and ends with the 1977 blackout. It's a cinematic, sprawling story of life in society's underbelly.



***Purity* by Jonathan Franzen** Purity "Pip" Tyler (the allusion to *Great Expectations* is no accident) is on a journey to the darker edges of the virtual world, beginning with an internship at a South American Internet think tank. ▷

GETTY IMAGES (FEATHERS)



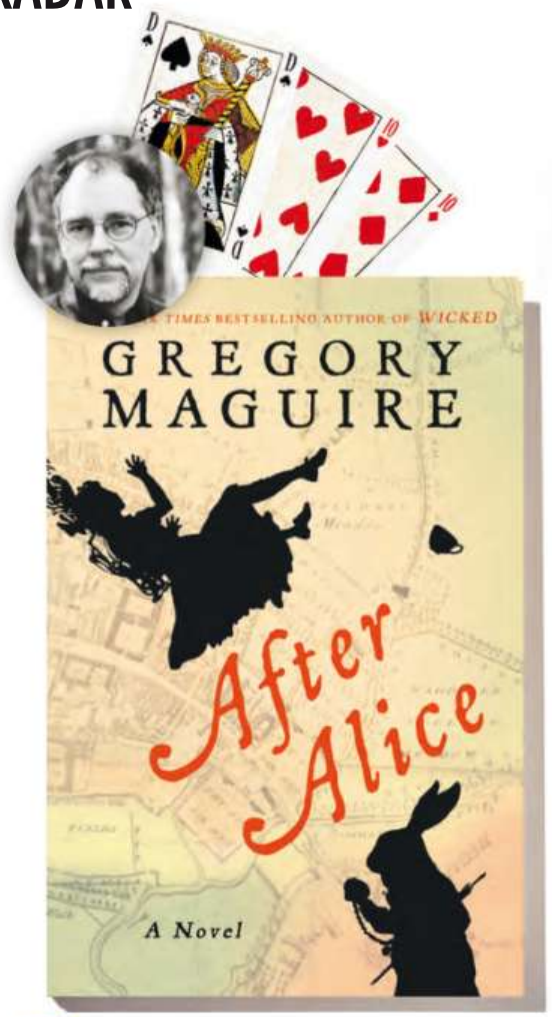
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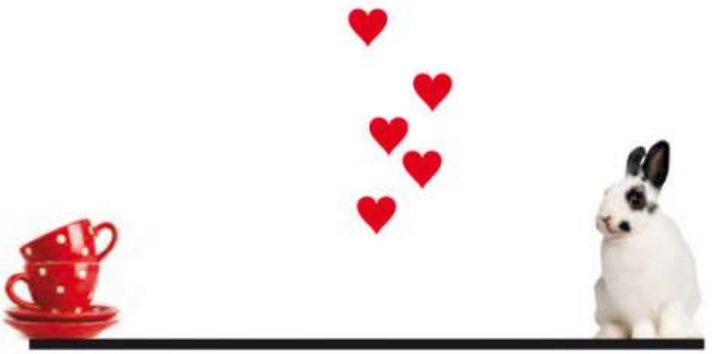
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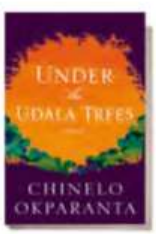


GREGORY MAGUIRE

The mind that brought us *Wicked* now invites us on a journey down the rabbit hole—literally. Gregory Maguire's *After Alice* takes place on the same summer's day as a certain other little girl's adventures in Wonderland. And while, yes, *After Alice* also begins with a rabbit in a waistcoat, Maguire's Ada is a heroine in her own right and has a (hallucinatory, wonderful, giddily magical) tale all her own to tell.

WHAT IT'S ABOUT "It's an homage to the 150th anniversary of the original publication of *Alice's Adventures in Wonderland* in 1865. It's meant to make you feel like you've gotten a letter from an old friend and your heart leaps up in joy at news from somebody you thought had been lost forever." **WHAT IT'S NOT** "It's not a retelling. It's not a parody. It's not 'Alex in Tumblrland.'" **WHAT INSPIRED IT** "I have a photograph of Lewis Carroll in my study; it's actually mentioned in *After Alice*, in the scene where Ada's governess and Alice's sister are out looking for the lost children and they come upon a man trying to take a photograph of himself. By putting him in the book, I'm kind of asking for his blessing and saying 'You did not know how immortal you were making yourself when you told a story, and we can honour you because you have taught us a great deal—not just about the nature of childhood but indeed about the nature of consciousness, so here's my little shrine to you.'" **WHAT YOU'LL GET OUT OF IT** "When Ada goes down the rabbit hole, her back brace that she wears to straighten her spine falls off, and when she finds it again, it no longer fits; it's a bit too snug. This is my metaphor for how all experience, however insane, does make us bigger. Even a dream makes us bigger than we were when we went to sleep."





***Under the Udala Trees* by Chinelo Okparanta** This is a tale of star-crossed love (different tribes and, oh, they're both girls) birthed in the chaos of the Nigerian civil war told by one of fiction's most-talked-about new voices. The prose is tear-jerkingly vivid: Think descriptions of skin "like the aroma of fresh coconut oil" and lips "pursed out thickly like two millipedes."



***Slade House* by David Mitchell** This addictive thriller will make you hesitate the next time an acquaintance invites you over. Haunted houses have nothing on this warped alleyway that every nine years becomes the site of a mysterious disappearance—a child, a cop, a journalist, a doctor. Pass if you have a particular fear of creepy Victorian twins.



***Sleep* by Nino Ricci** A guy who has it all suddenly finds himself falling asleep at all the wrong times—at work, on the road, never beside his glamorous wife—and totally unable to catch a few winks at the right times. Things rapidly descend past crankiness and into a hell of sleeplessness, desperation...and Kalashnikovs. Not for insomniacs.



***The Past* by Tessa Hadley** If you start salivating at the combination of "estranged siblings/crumbling family home in the country," you're in for a treat with this novel of generational drama and sibling strife told in vivid prose. A taste? Some of the children stumble upon a rather nasty secret in a tumbledown cottage in an idyllic glade. ▷

GETTY IMAGES (PLAYING CARDS, WATCH, TEACUPS & RABBIT)



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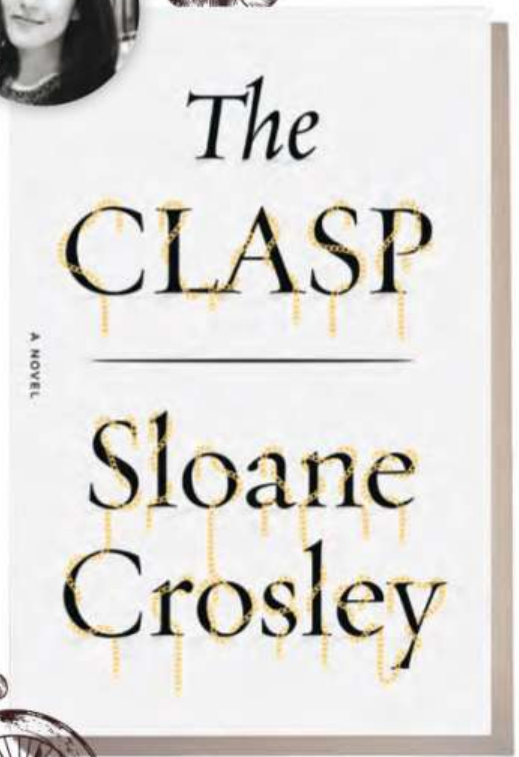
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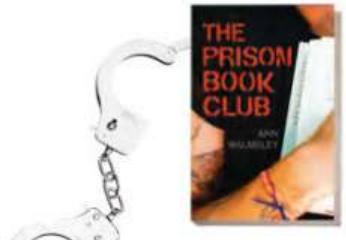




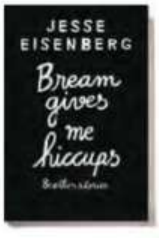
SLOANE CROSLEY

File this one under "romp with a brain." The essayist behind the bestselling *I Was Told There'd Be Cake* brings her sharp eye and sharper wit to *The Clasp*, a funny, fun caper about three college friends—just-laid-off Victor, struggling-screenwriter Nathaniel and chained-to-her-crazy-boss Kezia—who go in search of the "real" piece of jewellery mentioned in the classic short story "The Necklace."

WHAT IT'S ABOUT "It's a comedy of manners—a love triangle that morphs into an adventure story." **WHAT IT'S NOT** "This isn't about three writers sitting somewhere in Brooklyn talking about the inertia of their lives." **WHAT INSPIRED IT** "I had just quit my job to write a novel; I had all these notes, but I didn't know where they were going to go. I was sitting in my apartment looking through anthologies, and I picked up one that had 'The Necklace' in it. I was surprised by how contemporary it felt and how I felt for these characters." **WHAT YOU'LL GET OUT OF IT** "The book is, in a lot of ways, about wanting to have an obsession—a single object that you can really hang your entire emotional and intellectual hat on. It would be great to find that, but not everyone has one, and that's what Victor's struggle is in the book. He's not intensely motivated by anything. Kezia, meanwhile, was motivated by something but gave it up when she decided she'd rather be a big fish in a little pond, and it turned out that that pond is a crazy pond. Nathaniel really loved literature, so he popped off to Hollywood to try to make something of himself, but he can't get anywhere with what he loves because it's all superficial. For all of them, their engines have dropped out. They all know that they should want something, but they don't know what that is."



***The Prison Book Club* by Ann Walmsley** This is a real-life *Orange Is the New Black*, only with more journal entries and fewer female inmates. (Make that none, since it's actually about real-life book clubs in men's prisons.) If you've ever wondered what violent criminals might think about *The Grapes of Wrath*, read on...and get ready to be incredibly moved.



***Bream Gives Me Hiccups & Other Stories* by Jesse Eisenberg** When *The Social Network* star published his first short story in *The New Yorker*, it was met with a whole lot of "Huh. Not bad for an actor." Now he's back with a collection of bite-size quirky, funny and occasionally a little uncomfortable chunks of observation and social satire.



***Girl Waits With Gun* by Amy Stewart** Constance Kopp is basically the Erin Brockovich of 1914: an unconventional broad who takes on powerful men (in her case, the owners of the local silk factory who think they're above the law) and won't back down. This caper is based on the true story of one of the first female deputy sheriffs.



***Two Years, Eight Months and Twenty-Eight Nights* by Salman Rushdie** A magical creature called a "jinn" got frisky with a mortal. They had many descendants, who, unaware of their powers, wake up one day to realize they can do things like levitate. Unfortunately, this also triggers a cataclysmic clash between dark and light. □

ISTOCK (DIAMONDS); GETTY IMAGES (SHELL & COMPASS); GEOFFREY ROSS (HANDCUFFS)



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SUPERWOMAN

Twelve life lessons from the iconic powerhouse Cindy Crawford Inc.

By Noreen Flanagan Photographs by Max Abadian

WE ARE ALL DISTRACTED with last-minute preparations for the shoot when Cindy Crawford walks quietly into the L.A. studio and makes her way to our frenzied huddle. "I'm sorry for being late," she says, looking a little flustered. "I had problems finding parking." Late? We are 10 minutes behind schedule at best, but that's not because of her.

Several weeks later, Crawford once again shows her famous commitment to punctuality and politeness when we reconnect over the phone. "Thanks for pushing the call back 30 minutes," she says immediately. "Both of my kids are being homeschooled this year so they're around a lot, which means there's no Mom off-time!" Crawford then explains that she pulled her two teenagers out in protest because she wasn't satisfied with how the school handled the removal of PCBs from the building. "I can't say that this is a bad thing and then send my kids there," she says. "It's one of those times when having a little bit of celebrity helps to bring attention to an issue."

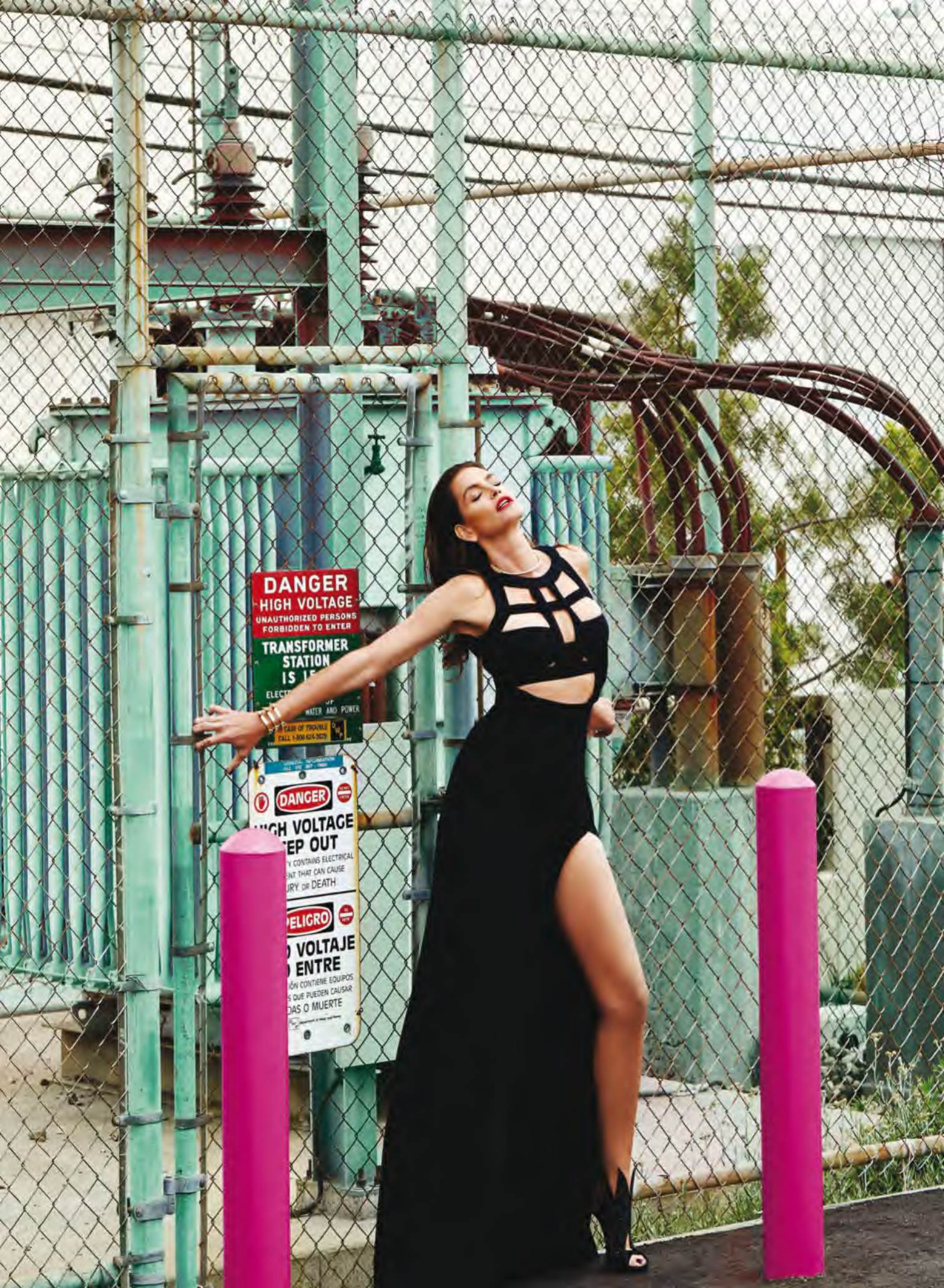
A "little bit of celebrity" is a charming understatement, given that she's the most famous—and successful—member of the '90s supermodel pack. Her career, as both a model and a businesswoman, fundamentally changed the way today's top ▷



Digitally fabricated 3-D dress (Iris Van Herpen in collaboration with Philip Beesley, irisvan herpen.com), leather gloves (Gaspar Gloves, gaspargloves.com) and silver-plated metal and Swarovski-crystal earrings (Delphine Charlotte Parmentier, delphinecharlotteparmentier.com)



Leather top and skirt (Roland Mouret, rolandmouret.com), gold-plated earrings (Acama LA, acama-la.com), 24-karat-gold-plated brass and Swarovski-crystal "Boxed" ring, 24-karat-rose-gold-plated-brass and Swarovski-crystal "Esposti" ring and 24-karat-gold-plated-brass and Swarovski-crystal "Trix" ring (Vita Fede, vitafede.com), 10-karat-gold and crystal ring (Alexis Bittar, alexisbittar.com) and 24-karat-gold-plated-silver and diamond ring (Ash + Ames, ashandames.com). Right: Cut-out technical dress (Philipp Plein, philipp-plein.com), gold collar (Alexis Bittar, alexisbittar.com), brass cuff (Jennifer Fisher, jenniferfisherjewelry.com), 18-karat-gold-plated-silver chain ring and 18-karat-gold-plated-silver and diamond rings (Bjørg, bjorgjewellery.com) and suede and crystal mules (Giuseppe Zanotti Design, giuseppezanottidesign.com)


DANGER
HIGH VOLTAGE
UNAUTHORIZED PERSONS
FORBIDDEN TO ENTER
TRANSFORMER
STATION
DANGER
PELIGRO

"WE ALL WANT TO BELIEVE IN THE MOVIE VERSION OF LOVE. IT WAS CRUSHING, AND IT MADE ME REALIZE THAT I HAD TO LOOK AT RELATIONSHIPS REALISTICALLY."

models approach their work. From her early days as a catalogue model in Chicago to today on our set, Crawford's reputation for professionalism is on show. The moment she emerges from hair and makeup wearing a thigh-high Fausto Puglisi dress, Crawford is ready to work. Only 15 minutes into the shoot, we get our cover shot. "She just gets it," says photographer Max Abadian. "The dress, the pose—the attitude. She's amazing." We decide to go live with the cover shoot and post a short clip of Crawford working her angles on Instagram. Someone quickly responds: "Good lord. Shivers watching. Legend at work." It's what we're all thinking.

Annett Wolf, her long-time publicist, arrives and nods her approval of the shots. "There's no one like her," says Wolf. "She has been so clever with her career and her life." Crawford, who turns 50 this February, finally agreed to chronicle some of that amazing life in *Becoming*, a book she's releasing this fall with Rizzoli.

Over lunch with the crew, Crawford tells us that it's not an autobiography, because she wasn't interested in doing a tell-all book, and it's not a makeup-and-exercise book. "It's about reflecting on the lessons I've learned based on the experiences I've had and the people I've met who all helped me become 'Cindy Crawford.'"

Those people include Roger Legal, a photographer from her hometown of DeKalb, Ill., whom she credits with kick-starting her modelling career, as well as legendary lensmen like Richard Avedon, Helmut Newton, Steven Meisel and Herb Ritts, who captured her most iconic images. She also writes about the origin of the '90s supermodels, her lucrative endorsement deals with Revlon and Pepsi and how she eventually took control of her career with her business ventures—everything from fitness videos and swimsuit calendars to her Meaningful Beauty line.

"I had the courage to take on this book project because I did *Oprah's Master Class* series," Crawford explains. "When I was first asked to do the program, I was intimidated because there were women like Maya Angelou involved and I thought, 'Oh, my God, what am I going to say? How am I going to be able to find lessons that are applicable to other people—even though they're not models?' What's brilliant about the way they do that show is that they help you find those lessons. After it was done, I thought, 'Wow, I have learned a few things; this life does add up to wisdom and knowledge.'"

During our one-hour conversation, Crawford shares some of those defining moments, starting with the one she describes as the most life changing.

LESSON N°1 TAKE NOTHING FOR GRANTED. *When Crawford was eight years old, her two-year-old brother, Jeff, was diagnosed with leukemia. Two years later, he passed away.*

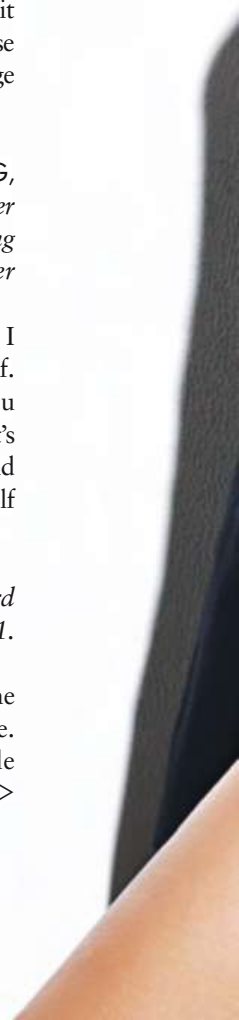
"When my brother died, it was a huge loss, but it also fuelled me. There are always two sides to these kinds of experiences. I learned at a very young age not to take life for granted."

LESSON N°2 IT'S IMPORTANT TO BE STRONG, BUT IT'S OKAY TO BE VULNERABLE TOO. *After her parents separated, Crawford remembers watching her mother sometimes have to plead with her father for money to support the family.*

"When my parents got divorced, I felt then that I always wanted to be able to take care of myself. But sometimes when you have that attitude, you come off as 'Hey, I don't need anybody!' and that's not attractive to men. Men want to feel needed and appreciated. I've had to learn how to allow myself to be vulnerable."

LESSON N°3 LIFE ISN'T A FAIRY TALE. *Crawford was 25 when she married Richard Gere in 1991. They divorced in 1995.*

"The other defining moment in my life was the end of my first marriage. It was like a fairy tale. You'd think I would know that the fairy tale wasn't true because I'd lost my brother and my ▷





PRIVATE MOMENTS

"I didn't want to do an autobiography because when you do one, you have to be willing to talk about everything, and there are things that I just don't want to share—or at least I'm not ready to share at this point in my life."

Acetate and crystal dress (Mugler, muglerusa.com), cotton coat dress and leather belt (Anthony Vaccarello, anthonyvaccarello.com), 14-karat-gold and crystal cuff, Alexis Bittar (alexisbittar.com) and 18-karat-gold-plated-bronze ring (Bjørg, bjorgjewellery.com)



Sequined silk dress (Roberto Cavalli, robertocavalli.com), 14-karat-gold-plated-metal and calf-hair collar (Alexis Bittar, alexisbittar.com), 10-karat-gold-plated-brass and faux-pearl knuckle cuff (Bond Hardware, bond-hardware.com) and 18-karat-gold-plated-silver, diamond and black-spinel ring (Bjørg, bjorgjewellery.com). Fishnet stockings, stylist's own



THE NEW SUPERMODELS

In the '90s, Crawford and the other supes—Naomi, Linda, Tatjana and Christy—starred in George Michael's "Freedom" video. It was a watershed moment in fashion and music. Taylor Swift invited today's supes—Gigi, Karlie and Cara—to appear in her "Bad Blood" video along with Crawford, who was cast as the headmistress. "It was kinda cool," says Crawford. "It's about girls not being sexual objects of desire; they're bad-asses." Cut-out technical dress (Philipp Plein, philipp-plein.com), gold collar (Alexis Bittar, alexisbittar.com) and 18-karat-gold-plated-silver chain ring and 18-karat-gold-plated-silver and diamond rings (Bjørg, bjorgjewellery.com). For details, see Shopping Guide. Stylist, Juliana Schiavinatto (P1M.ca); hair, Marcus Francis (starworksartists.com); makeup, Jo Baker (forwardartists.com); manicure, Tom Bachik (global nail artist, L'Oréal Paris); art direction, Brittany Eccles

"THERE'S NOT A SINGLE PICTURE, EVEN AN UNRETOUCHED ONE, THAT HASN'T BEEN EDITED. THERE'S NO SUCH THING AS A REAL PHOTOGRAPH."

parents had got divorced, but we all want to believe in the movie version of love. It was crushing, and it made me realize that I had to look at relationships realistically. You have to put that vanity version of a relationship aside—that's like playing dress-up. I went to a relationship therapist and she asked me a great question: 'Are you looking for a soulmate or a husband? They're not necessarily the same thing. A husband is the guy who is solid, and you know you want to have children with him and you know he's going to be there.' In my younger years, I was attracted to the more intense kind of relationships that are very draining. When I was first with Rande, I thought he was so solid, but then I wondered 'Wait, where's all the drama? Maybe this isn't good. Maybe this isn't real!' The relationship therapist helped me to appreciate the solidity—the foundations. I've been with Rande for close to 20 years, and he's now my soulmate. We were able to grow together."

LESSON N°4 KNOW YOUR TRUTH. *In 1993, Crawford was photographed shaving k. d. lang for the cover of* Vanity Fair. *It fuelled the public's obsession with her marriage and her sexuality. In 1994, Crawford and Gere published an ad in* The Times of London *asking for the press to be "responsible, truthful and kind."*

"My ex-husband would say 'If people call you a cow and you know you're a giraffe, you're still a giraffe.' You should know your own truth, and I think you should live your truth. You're not going to change what people think."

LESSON N°5 BE READY WHEN YOU DECIDE TO PUT YOURSELF SECOND (OR THIRD!). *In 1998, Crawford married Rande Gerber. The couple had their son, Presley, in 1999 and their daughter, Kaia, in 2001.*

"My mom was very young, and that worked out great, but for me it was great that I wasn't a young mother. I was able to be selfish with my time in my 20s—to try to figure who I was and what I wanted. When I did finally have kids, I was ready to put myself second, or third, or fourth.... All of a sudden, your priorities just change. I was ready to let something else be the focus."

LESSON N°6 BALANCE YOUR LIFE (OR AT LEAST TRY TO). *When Crawford was a full-time model, or later when she managed her business ventures, like Meaningful Beauty and Cindy Crawford Home, she says she struggled to have it all.*

"I think some of my biggest fails happen when I don't take the time to really listen to what my kids, or my husband, are saying. You say the wrong thing, or you say it at the wrong time. Later I think 'I could have handled that so much better if I had just slowed down.' My New Year's resolution every year is to say 'no' more often to commitments. We all over-commit. We don't have the time to just *be*."

LESSON N°7 KNOW WHEN TO SAY YES! *When Crawford entered the modelling world in the '80s, she was exposed to a wild party scene and OTT personalities like Janice Dickinson.*

"The first time I went to Rome when I was a model, I went to a party and Janice was dancing on the table. I was 18 and fresh out of the cornfield and I was like 'I'm not ready for this!' Over the years, whenever I'd been invited to Versace's place or Armani's boat, I'd say no because I didn't want the pressure of being Cindy Crawford 24-7. Then about 10 years ago, some friends, whom I didn't know very well, invited Rande and me to their boat in the south of France. We went and had a fantastic time. After lunch, we were dancing on the table! That just wasn't who I was as a young woman. The reason I allow myself now is because I know Rande has my back. Rande will tell me when it's time to get down off the table."

LESSON N°8 PHOTOGRAPHY IS AN ART. *It has become fashionable—as well as political—to post #nofilter or #nophotoshop images online.* ▷

CANADA ELLE extra
OCTOBER 2015

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▲ THE ONLY WORDS ON YOUR LIPS

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◀ CAPTURE THE ESSENCE OF SPRING

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NATURALLY ▼ BRILLIANT

A glamorous necklace with a V silhouette, designed with Miranda Kerr. The romantic design impresses with a multitude of shimmering clear crystals in different shapes. Perfect for any occasion. **swarovski.com**



▲ LIPIDOL, NEW OILS FROM THE MAKERS OF BIO-OIL

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Toronto Premium Outlets features 85 designer retailers including Burberry, Kate Spade New York, Armani Outlet and more, all offering savings of 25% to 65% every day. Toronto Premium Outlets is located at exit 328 off Highway 401. Visit **torontopremiumoutlets.ca** for more information.

"WHY WOULD SEEING A BAD PICTURE OF ME MAKE OTHER PEOPLE FEEL GOOD? I FELT BLINDSIDED. I WAS VERY CONFLICTED, TO BE HONEST."

"There's not a single picture, even an unretouched one, that hasn't been edited. It depends on the lighting; it depends on where the photographer puts the camera; it depends on the exposure. There's no such thing as a real photograph. Photography is an art; it's about the editing."

LESSON N°9 IT'S OKAY TO USE FILTERS! *Whether you're a celebrity or not, there's a certain social pressure to post images tagged #nomakeup or #loveyourlines.*

"I can have no makeup on and do a selfie in great lighting or ugly lighting. If I choose good lighting, is that bad? It goes back to what is real. If someone wants to wear makeup and that makes them feel good, fantastic. If they feel great with nothing on, that's fantastic too. If someone wants to use a filter, that's fine—I would! Even some of those people who say 'Hey, I love my lines' probably took five pictures of themselves and chances are they picked the one that they think looks the best. To me, that kind of editing is the art. And putting on a filter is an art—just like hair and makeup. Do I think that sometimes retouching is abused? Yes, but if an artist paints a woman who has acne and he chooses not to show that, is that inauthentic? Is that not art anymore? To me, it's the same with photography."

LESSON N°10 WHEN LIFE BLINDSIDES YOU, SAY NOTHING (AT LEAST AT FIRST). *Last February, a news anchor for the U.K.'s ITV News posted what she suggested was an unretouched image of Crawford taken from an old shoot with* Marie Claire. *It became a viral sensation.*

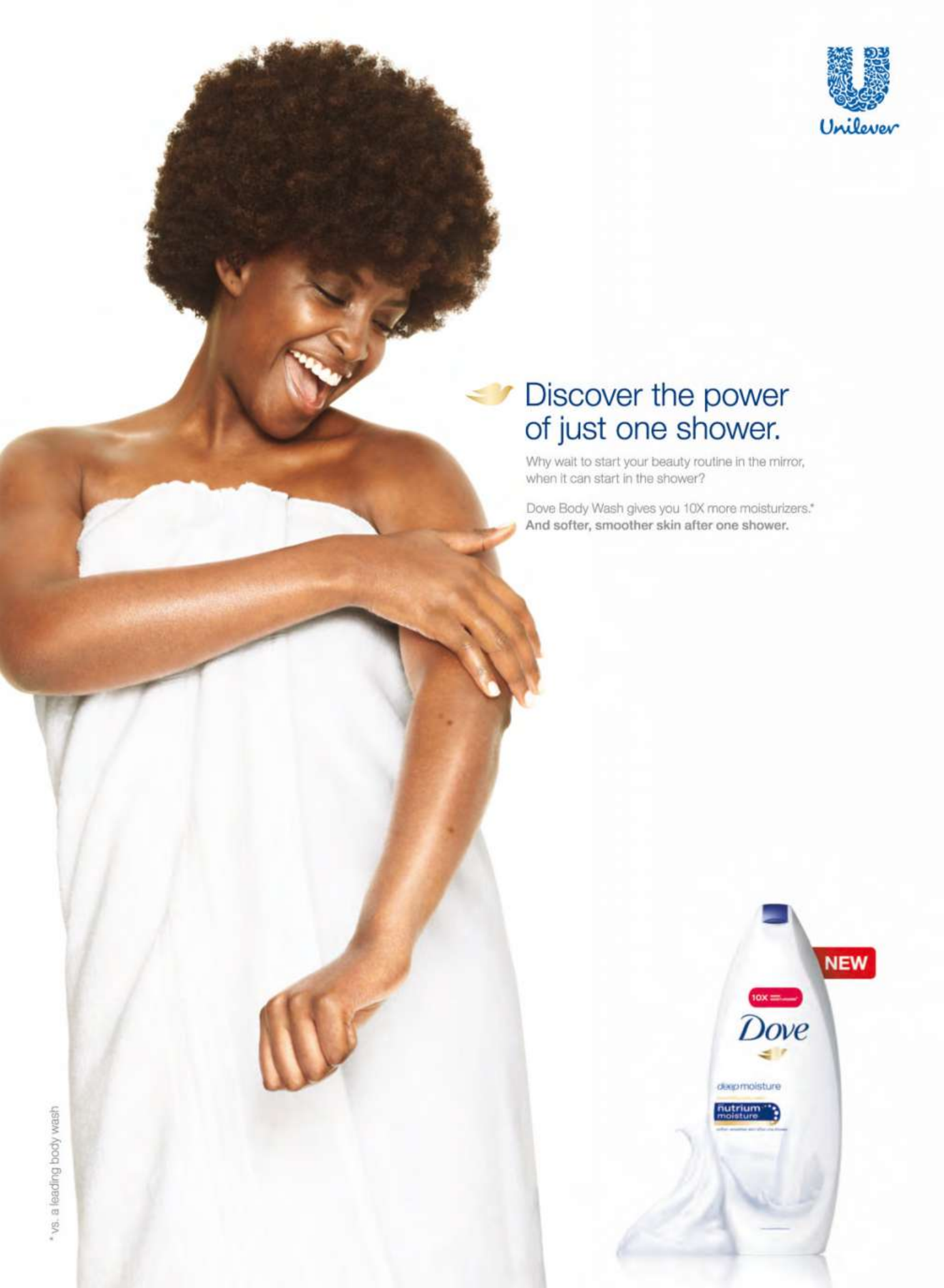
"I felt that [the journalist] was inauthentic because she acted like this was great but she didn't check if I wanted this out or if it was a real picture. Why would seeing a bad picture of me make other people feel good? I felt blindsided. I was very conflicted, to be honest. The story had run a year and a half before, and the picture of me in that outfit was from the bust up. I know my body, and I know it's not perfect, but maybe I have a false body image; maybe I think I look better than I do. I think that most women are hard on themselves. We think we look worse than we do. So I assumed I fell into that category, even though that picture didn't reflect what I saw when I looked in the mirror—even in the worst dressing-room lighting. We spoke to the photographer, and he was very upset because he didn't put it out there. He said: 'Cindy, I'm going to send you the real one and it's nothing like that. It's clear that someone manipulated that image to make whatever was there worse.' It was stolen and it was malicious, but there was so much positive reaction [to the image]. Sometimes, the images that women see in magazines make them feel inferior—even though the intention is never to make anyone feel less. So somehow seeing a picture of me was like seeing a chink in the armour. Whether it was real or not isn't relevant, although it's relevant to me. I don't try to present myself as perfect. It put me in a tough spot: I couldn't come out against it because I'm rejecting all these people who felt good about it, but I also didn't embrace it because it wasn't real—and even if it were real, I wouldn't have wanted it out there. I felt really manipulated and conflicted, so I kept my mouth shut."

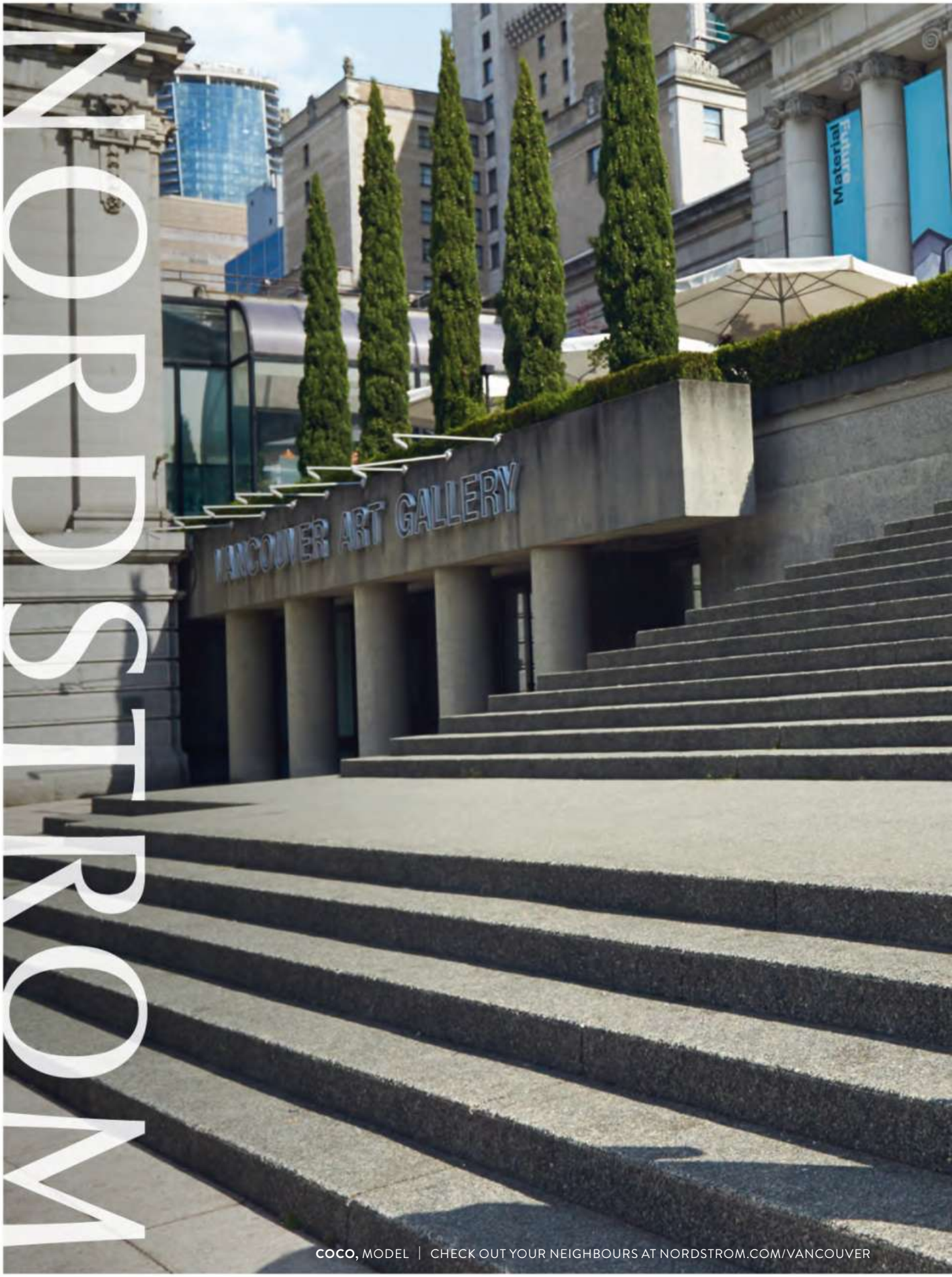
LESSON N°11 WHEN LIFE BLINDSIDES YOU, FIND A TEACHABLE MOMENT.

"This is exactly the type of thing that I wouldn't want my daughter to do to another girl online. It's social bullying. I'm a big girl and I can handle it, but I used it as a teaching lesson for my own daughter because my kids were like 'Mom, you don't look like that!' They wanted me to go down to the beach in a swimsuit so the paparazzi would take a photo of me, but that would be playing into it. How do I rise above the situation? What do I do? Go on *Good Morning America* and pull up my shirt and say 'I don't look like that'? That didn't seem like the right response."

LESSON N°12 HAVE NO REGRETS.

"Even the times I failed were the best lessons." □


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FROM POSITIVE THINKING AND ART THERAPY TO FITSPIRATION, OUR EDITORS UNCOVER WHAT IT TAKES TO GET (AND STAY) INSPIRED.

ARE YOU READY FOR YOUR "AHA" MOMENT?

GETTY IMAGES (CLOUD)



HOW TO TAP INTO YOUR INTUITION

Psychic Kristine Fredheim offers her top three tips.

> I HAVE LEARNED THAT INTUITION IS SOMETHING THAT SPEAKS TO YOU. BY FOCUSING ON MEDITATION AND OPENING UP YOUR SUBCONSCIOUS, YOU'LL FIND THE ANSWERS YOU'RE LOOKING FOR.

1. DO MORE OF WHAT YOU LOVE. "If you don't know what you love, you have to find time to connect with yourself. Meditation is a good way to bring the focus back to yourself. It opens up your spiritual channel, and you will be more in touch with your intuition in your everyday life."

2. LISTEN TO OTHERS. "Talk to someone you idolize or someone you really look up to. Listen to the way they talk about themselves and learn from them. Even if it's someone you don't know, you can read about them. It's not about trying to be the new Beyoncé but about figuring out what makes that person so successful and then creating your own way."

3. LISTEN TO YOURSELF. "It is important to let love into your life and to be kind to yourself. Be aware of what you think, and listen to your thoughts. The heart should speak louder than your thoughts. When I'm nervous about doing something out of my comfort zone, I talk to myself. Words of encouragement help me get out of my head and focus."



HOW TO GET (AND STAY) INSPIRED

Ayse Birsel, co-founder of the creative studio Birsel + Seck, has designed everything from office spaces to kitchen accessories. Now, she's applying the creative process she developed, Deconstruction: Reconstruction, to everyday life with her book *Design the Life You Love*. Here, she reveals how inspiration is the key to designing the life you want.

WHY INSPIRATION MATTERS "We have so many preconceptions about how things are supposed to be, and it is really hard to break those preconceptions and imagine new ways of doing things. Deconstruction, my first step, helps me see the pieces instead of the whole, without the links that form my preconceptions. Inspiration allows me to see, in a totally different context, glimpses of my potential solution."

HOW TO FIND INSPIRATION "List the qualities of people who have inspired you and then think of them as your values. Now use these values to think creatively about your life. Many things change, but our values–things like having grit or the ability to rise from the ashes like a phoenix or being soft-spoken but determined–are what make us who we are. And having a life that is consistent with who we are is a life well designed."

A FOUR-STEP PROCESS TO DESIGNING YOUR LIFE

1. **DECONSTRUCTION** "List the people, places and projects in your life that you love. What are the things you want to avoid?" 2. **POINT OF VIEW** "In order to think about your life differently, pick a metaphor for your life today and then choose one for your life tomorrow." 3. **RECONSTRUCTION** "Decide what you want to have in your life going forward. To help you make choices, imagine you can only have three things. What would you choose?" 4. **EXPRESSION** "Write yourself a letter about the life you would love to have. You can use everything you've noted in the three previous stages, including the things you want to focus on, to express your vision."

ADVICE FROM A **13-YEAR-OLD**

How's this for a resumé? Nigerian-American Zuriel Oduwole has interviewed Serena Williams and half the presidents in Africa and directed four documentaries...oh, and she's barely a teenager. (Future plans include "being an athlete, a robotics engineer and then, when I'm much, much older, President of the United States.") But don't worry: This amazing tween has a little advice on how you can be as confident and productive a citizen as she is.



DO YOUR OWN THING

"ALWAYS FLY ABOVE, AND DON'T FOLLOW THE PACK."



OWN YOUR LOOK

"DON'T DRESS FOR OTHER PEOPLE OR CHANGE WHO YOU ARE."

PICK YOUR ROLE MODELS WISELY

"LOOK AT THE PEOPLE DOING THE THINGS YOU WANT TO DO AND TELL YOURSELF 'IF THEY CAN DO IT, I CAN TOO.'" ▷



"HOW TO TAP INTO YOUR INTUITION" AS TOLD TO LISA GUIMOND; "HOW TO GET (AND STAY) INSPIRED" BY LISA GUIMOND; "ADVICE FROM A 13-YEAR-OLD" BY SARAH LAING; ISTOCK (MEDITATING MODEL); COURTESY TWITTER (Z. ODUWOLE)



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HOW TO TURN INSPIRATION INTO ACTION

In 2014, Gabriele Oettingen, a psychology professor at New York University and the University of Hamburg, published the book *Rethinking Positive Thinking: Inside the New Science of Motivation*, which offers a new approach to dream fulfillment. Interested in decoding society's obsession with positive thinking, Oettingen discovered that people who were positively dreaming about losing weight lost fewer pounds over both short- and long-term periods; students who fantasized about getting together with their crushes were less likely to do so; and the more positive university graduates were about finding jobs, the fewer job offers they received. The reason? Positive thinking alone is not enough of a motivator, and too much dreaming can actually cause complacency. "You need to supplement your positive dreams with obstacles and reality," argues Oettingen. "People need to know what stands in the way so that they can overcome obstacles." To support her theory, Oettingen created a four-step guide to wish fulfillment called WOOP, which is a process everyone can follow to see their dreams through to completion. Here's her guide to making things happen.

WISH "The first step is identifying what your wish is. Very often we feel we should be inspired by something, but we never really sit down and take the time to find out what we really want."

OUTCOME "After you've identified a wish you feel passionate about, imagine the best outcome after having fulfilled it. Doing this will allow you to identify whether or not your wish is something that really inspires you."

OBSTACLE "Think about what is stopping you from fulfilling that wish and experiencing that outcome. What is working against you? This may be a feeling of anxiety, an irrational belief or even an old habit. You want to be really honest with yourself. Finding the obstacle is sometimes not that easy, because it might not be so flattering—being able to laugh at your own weaknesses helps. Once you've identified the obstacle, you're often able to immediately identify the action or the behaviour that will allow you to overcome it, which leads to the fourth step."

PLAN "Now it's time to start behaving in the way you imagined will help you overcome the obstacle. Once you've programmed yourself to go through the steps, your mind will do it for you without a lot of effort."



HOW TO STAY INSPIRED TO KEEP FIT

Easy fitness hacks can make a big difference in helping you stick to your workout. Jay Blahnik, celebrity trainer and Apple's director of fitness for health technologies, tells us how to stay focused using an Apple Watch.

MAKE A TO-DO LIST. "A lot of people write off the small goals," says Blahnik. "But it's actually a series of small goals that leads to really big changes. That's how I find my inspiration."

EMBRACE FITNESS FOMO. Do you get serious workout envy when your squad Instas that sweaty spin class you couldn't attend? That's a good thing, says Blahnik. "Seeing your friends posting their workouts might help you talk yourself out of not doing your own today."

TAKE A STAND. For at least a minute an hour, that is. Studies have shown that vegging out—whether it's for a *KUWTK* marathon or at your nine-to-five—is unhealthy, even if you hit the gym on the reg. "We're learning that no matter how active you are, being stagnant has its health risks," says Blahnik. To help, the three rings on the Apple Watch's Activity app register all types of movement, including the simple act of getting on your feet. (It pings a friendly reminder if you're being delinquent.) "Sitting less over time will make a really huge difference over a lifetime."

SLOW DOWN. "You don't have to get really sweaty," says Blahnik. "Go for a walk, go dancing: All of these add up."

TAKE A WALK

A 2014 study out of Stanford University found that taking a walk has a significant impact on creativity, improving the "free flow of ideas." While you can work your glutes in the office stairwell, the research showed that walking outside results in the biggest improvement in the quality of ideas produced. ▷

"HOW TO TURN INSPIRATION INTO ACTION" BY LISA GUIMOND; "HOW TO STAY INSPIRED TO KEEP FIT" BY CARLI WHITWELL; GETTY IMAGES (PAPER CRANES)

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STYLISH MOVES

In this excerpt from *That's What Fashion Is: Lessons and Stories From My Non-Stop, Mostly Glamorous Life in Style* (out on October 13), Joe Zee, editor-in-chief of Yahoo Style, reveals what inspired him to become a stylist.



I remember being 16 and talking to George, a much older friend of mine in Toronto, about wanting to move to New York to do something—what, I wasn't sure—with clothes and fashion and magazines. George was a hairdresser, and so when he told me, "You should be a stylist," I thought he was talking about cutting hair. "No disrespect," I told him. "I like what you do. But I don't think I'd be any good at cutting hair." When he told me that he meant a wardrobe stylist, I was confused. That's a job? To pick out clothes? To shop for other people? And they pay you? I didn't get it.

A few months later, George called to ask if I might be interested in styling a "test shoot" he was doing with a photographer, a makeup artist and a model. This is something creative types often do (when they have the time) in order to experiment, help fill out their portfolios, or just have fun. I said yes right away, though I still had plenty of questions, including: What was it, exactly, I'd be doing again? "You can dress the model however you want," he told me.

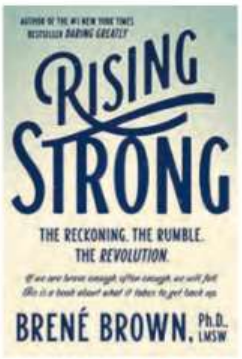
Armed with that and little else, I went to all the local department stores, charged armfuls of clothes to my mother's credit card—looking, I'm sure, like a young drag queen getting ready for the show of his life—and then hauled the bags and bags of pretty dresses and coats and shoes and tights to a dirty warehouse in east Toronto. This would mark the beginning of my penchant for over-pulling and over-prepping for magazine shoots. I might bring ten racks of clothes and some fifty-five pairs of shoes for a one-girl story. The more stuff, the better, because I never know how I'll feel in the moment and the worst is being on some remote set and wishing I'd just packed that one busted skirt everyone despised. A skirt is never so perfect as when it's three thousand miles away. I am sure many other stylists will tell you the same thing.

THAT'S A JOB? TO PICK OUT CLOTHES? TO SHOP FOR OTHER PEOPLE? AND THEY PAY YOU? I DIDN'T GET IT.

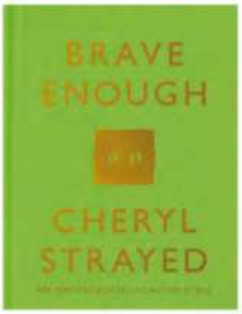
During the daylong shoot in the Toronto warehouse, I kept all the sales tags attached, was super careful when getting the model dressed, and when the photographer asked me about pinning and taping things to fit the girl (who knew stylists did that?—because, let's face it, I had never done this before), I inwardly freaked out. This photographer wanted me to pierce these new clothes with a pin? And where exactly was I getting this pin? Yeah, suddenly, in my disorganization, dressing someone seemed a little less fun. Instead I found a piece of masking tape that had been used to tape a shopping bag shut and I carefully pulled that off and used it masterfully to make the shirt look more fitted. Looking back, I realize I MacGyvered my way into this career. When the shoot was done, I returned everything immediately to all the department stores, making absolutely no eye contact with the disapproving saleswomen but secretly feeling so satisfied. I don't even remember much of the in-between, including what the photos looked like, but I will never forget the intoxicating feeling of walking through the mall on a mission to make something of my very own. From that day on, I was a stylist.

READ UP

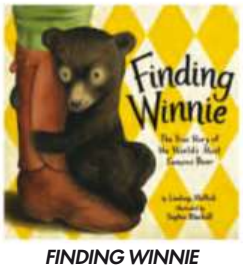
Some essential paperback pick-me-ups to get you in the mood.



RISING STRONG
BY BRENÉ BROWN
How to channel your personal "badassery" (also known as the ability to get back up when something hasn't worked out). Pro tip: It's okay to ask for help.



BRAVE ENOUGH
BY CHERYL STRAYED
One hundred of the wisest quotes from the author of *Wild*, which she hopes will help create "a counter-narrative to the voice of doubt many of us have murmuring in our heads."



FINDING WINNIE
BY LINDSAY MATTICK
You'll never be too old to learn a lesson from this beautifully illustrated telling of the true (Canadian!) story about the bear who inspired *Winnie-the-Pooh*. ▷

"READ UP" BY SARAH LAING; HOA ZENG (J. ZEE)



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KEEP LOOKING

Think it has all been done before? Ann Webb, a leading lady on the Canadian art scene, begs to differ.

Ann Webb is wondering aloud about what she loved most at the recent Venice Biennale. I half expect her to say, with a sigh, that there wasn't really much to look at—she has been in the art world for almost 28 years now, and one could easily conclude that she has seen it all. But, instead, Webb perks up at the question, and her cool seriousness morphs into childlike delight. She says her favourite moment was a quiet one, observing works by renowned 15th-century painter Piero della Francesca and contemporary Italian artist Ettore Spalletti, whose soft hues of pink and blue are reminiscent of Francesca's early Renaissance canvases: "They were totally connected—it wasn't intentional, but seeing Spalletti's inspiration in terms of his thinking and colouring was nice. I like that kind of stuff." Webb has made a career out of making connections between art, culture and contemporary society. This month, she's acting as an ambassador for Toronto's newest art initiative, Feature Art Fair (October 22 to 25). When asked how viewing art can inspire someone, she replied, "We mostly walk around taking things for granted, but I think artists show us the obvious of life in a new way." In her own case, creating art helps her from feeling overwhelmed. "I think in the society in which we live, our expectation is that we need to get it right away or there is something wrong with us. I think we need to take a step back and know that it's okay to not get it—maybe you'll never get it or maybe you'll get it at another time in your life. Art is a slow burn, so look, look, look and then look again."

GET CREATIVE Stuart Brown, a psychiatrist and founder of the National Institute for Play, says that when adults do creative things, they feel more optimistic about life. For inspo, pop *The Mindfulness Colouring Book* by Emma Farrarons (plus a few Crayolas) into your purse for those days when you need to doodle away the doldrums.



WHAT IS INSPIRATION?



We asked the finalists from the RBC Canadian Painting Competition what inspiration means to them:

1. CAROLINE LARSEN, TORONTO
"Inspiration, to me, is just a spark—something that grabs your attention and starts your mind moving in different directions."

2. RUSSELL LENG, VANCOUVER
"Inspiration is a notable sensory moment and often a starting point to build on and translate into something more. Inspiration doesn't always happen at the beginning of a project or painting—it can arrive in the middle and often reveals itself at the end as well. This speaks to the fluidity or fleeting nature of inspiration; it comes and goes but can be chased down if you are persistent enough."

3. JOHN PLAYER, MONTREAL
"It has something to do with being compelled to act; it's a force that drives me to fill some kind of void in the immediate that appears sometimes randomly and sometimes from research. It's directly attached to one's belief system as well."

4. JESSICA BELL, OTTAWA
"Inspiration, to me, means interest. Anything that is inspiring is something that can persuade a second thought." ▷

"KEEP LOOKING" BY ALIYAH SHAMSHER; GETTY IMAGES (CRAYONS)


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Rocky Mountain Imp.
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Prince Edward Island:
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A DESIGNER'S VISION

As Jeremy Scott, creative director for Moschino, prepares to release the documentary Jeremy Scott: The People's Designer *this month, we caught up with him to find out what inspires his life and designs.*

If this season's Moschino collection could talk, what would it say? "The collection is a love letter to the urban streets, with graphics, stickers and tags that you would find on walls, mailboxes and light poles, as well as padlocks, bike locks and chains galore."

Do you have a muse? "I don't have any one muse; I have many! There are friends of mine, some are well known and some are unknown, but they represent different feelings I have and like to portray in my designs. I, too, can be my own muse. I often think about things that I want or wish I had or the way I'm mixing and wearing my own clothes to capture a more personal approach to my designs."

How do you inspire yourself to push boundaries? "I try to ensure that my process is never formulaic and that I get to the finish line by choosing different paths to keep myself on my toes!"

How have your influences evolved? "My inspirations have changed and evolved and have always reflected who I am at the time and where the world is at that moment as well."

What advice would you give someone who is seeking creative inspiration? "Immerse yourself in the things you love, and inspiration will come naturally."

What's the difference between imitation and inspiration? You say in your documentary that you don't want to be seen as a facsimile of someone else. "The line you're referring to is me speaking about Franco Moschino and how, as much as I love, respect and admire him and his work and the heritage of the house, I am not him, nor am I trying to be him. I'm very lucky that we share such a strong DNA and that I can create a future for the brand that is very much in keeping with what I and many others who actually knew him well would say is a vision he would have. With all this shared commonality between the two of us, I am still Jeremy Scott; I am not trying to be anyone or anything but myself, and that's all I've ever set out to be."



JEREMY SCOTT'S MUSICAL MUSES "I love them, and it makes me happy to see them wear my creations, so I strive to do things that inspire and make them happy as well—it's a continuous cycle of love!"



STYLE COUNSEL

Derek Lam on his fashion inspo.

WHO "[For fall], I was inspired by women who exude a New York sensibility and style, like Diane Keaton when she was making Woody Allen movies, Gena Rowlands and Stockard Channing. They're smart, intelligent and stylish. Their no-nonsense chic is not necessarily about what they wore or what their characters wore but what they epitomized: a kind of fast-talking, can-get-around-town-on-her-own woman. I used these icons as a mirror so that we can remember that this is where the modern woman comes from."

WHAT "I try to keep my eyes open to everything. Zadie Smith wrote an amazing short story in *The New Yorker*. She imagined Michael Jackson and Elizabeth Taylor leaving Manhattan on the day of 9/11, getting in a car and going. I really admire someone who can take that kind of artistry and irreverence and do it so well. Her artistry inspires me to think outside the box."

WHERE "Tokyo always has one foot that seems historical and one that seems science fiction."

Derek Lam and Derek Lam 10 Crosby are available this fall at Holt Renfrew, holtrenfrew.com. ▷

WHERE TO FIND #OOTD #INSPO

Head to the streets of Seoul. "The young girls here wear some of the most solid fashion I've ever seen," says photographer Alex Finch, who left London for Seoul two years ago. "It's a fast-moving city, and there's so much to see and do."



"A DESIGNER'S VISION" BY LISA GUIMOND; "WHERE TO FIND #OOTD #INSPO" BY CHARLOTTE HERROLD; IMAXTREE (RUNWAY); GETTY IMAGES (M. CYRUS, J. SCOTT, K. PERRY & RIHANNA); ALEX FINCH (STREET STYLE)

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WOMEN'S WORK

Diana Krall on why life is about giving back as much as you get.

"Women need other women," says jazz musician Diana Krall while on a break during her Wallflower World Tour. (Her latest album of the same name was released earlier this year.) "[We] must find the strength and courage to tackle the problems and challenges that women are uniquely given to bear." This year marks the Canadian singer's 22nd year in the music industry, and she just came out with her 15th album (which debuted in the top 10 on the Billboard 200). To celebrate, Krall has partnered with jeweller De Beers to shine a light on the Women for Women organization (which helps women on the margins learn basic-yet-transferable skills that can transform their lives in a very real way). Here, the award-winning songstress talks about why she's giving back and, after 20 years of making music, what inspires her to keep going.

On who her biggest inspiration is... "It may seem obvious to say this, but the way my mother retained her humour and delight in life even when she faced the greatest adversities remains my inspiration."

On what is currently inspiring her... "Truly, the joys and the sorrows of life. It sounds grandiose, but it's true. The loss of my father has been very difficult for me, but in the next instant I have the intense joy of seeing my sons grow into such wonderful young boys."

On when she was humbled this year... "I learned about Women for Women and the De Beers campaign through my friend Mary McCartney. I was humbled while reading all of the women's stories. Compared to these stories, it felt like a very small thing to lend my name and face to the campaign."

On why "women's work" is the best work... "There is an undeniable order or authority in some societies that needs to be balanced, even challenged, by the counsel and action of women."

On where she creates... "At the piano each night, in the kitchen at suppertime, when I'm home with my family and, of course, when the sun goes down."

On how she keeps creating... "By understanding and appreciating the stories and lessons of the past, I know that I can move forward with confidence."



THE RIGHT NOTES

Finding peace through perfume.

Consider them her peace accords. Barb Stegemann's The 7 Virtues fragrances ($70 for 50 mL, at Hudson's Bay, thebay.com)—which are made with blends of rose oil from Afghanistan, patchouli from Rwanda and vetiver from Haiti—have helped bring prosperity to war-torn areas across Africa, the Middle East and the Caribbean. Now, the Halifax native's story is the subject of a documentary, *Perfume War*. Stegemann, who has a nose for inspiring others, hopes the doc incites other niche fragrance houses to follow her lead.

PHOENIX RISING



Andreja Pejic made a major debut this season at British designer Giles' fall/winter 2015 show—it was her first time on the runway since her gender-reassignment surgery. She's also one of the new faces of Make Up For Ever, making her one of the first transgender models to score a beauty campaign. "When I found out, I almost died of excitement! I think I cried a little too, to be honest," she said. "Makeup helped me feel prettier on the outside even when everything else was confusing and complicated. I believe that true confidence allows us to break through the boundaries that society has established." ▷

"WOMEN'S WORK" BY ALIYAH SHAMSHER; "THE RIGHT NOTES" BY CARLI WHITWELL; "PHOENIX RISING" BY VANESSA CRAFT, WITH FILES FROM VICTORIA DIPLACIDO; MARY MCCARTNEY (D. KRALL); IMAXTREE (A. PEJIC)

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NEW

It's like deodorant for your clothes.

New Downy Fresh Protect
Protect your clothes from odours. Just toss it in with your detergent and, like deodorant, it neutralizes odours all day long.
So your clothes always smell great!



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"THE WONDERFUL THING ABOUT THE FASHION AND BEAUTY FIELDS IS HOW LIMITLESS THEY ARE, HOW BOUNDLESS. IN FACT, OUR IDEAS OF BEAUTY CAN BASICALLY BE ANYTHING. BEAUTY IS EVERYWHERE AND BELONGS TO EVERY ONE OF US."

– Tilda Swinton, actress and NARS campaign model

SPICE UP YOUR LIFE

Victoria's Secret Angel Behati Prinsloo on the scents that inspire her.

HER HOME... "Our house always smelled like food. We eat a lot of meat in Africa [Behati is from Namibia], and it was always so delicious. If I could literally bottle my mom's home cooking, I would! And when it first rains back home, the ground smells incredible. It's such a distinct scent in my mind."

HER FRAGRANCE... "I'll put on I Am Juicy Couture in the morning when I leave the house, and I won't reapply it because I love the different notes and how that later note finally comes through toward the end of the day. But if I go out for dinner, I'll spray on some more."

HER MR. CLEAN... "I hate when guys use too much cologne. It's a pet peeve–I could scream. I feel like a man should smell clean, and if they do wear anything, an oil or musk [is best]. Keep it chill."

HER BEAUTY BUYS... "It's so funny: After 10 years of watching people do my makeup, I still can't do my own. I'm fairly low maintenance. I use Burt's Bees cherry lip balm and coconut oil–I love the way it smells too." □



I Am Juicy Couture Eau de Parfum Spray ($89 for 50 mL, at drugstores and mass-market retailers) evokes the "glamorous rebel" in women, says Prinsloo, the face of the fragrance. A heady gourmand, it's a blend of candied amber accord, vanilla, raspberry, ginger and pink pomelo.

"SPICE UP YOUR LIFE," AS TOLD TO CARLI WHITWELL; COURTESY NARS (T. SWINTON); GETTY IMAGES (B. PRINSLOO)



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ADVERTISEMENT





Check out these sneak-peek bridal fashion photos from the 2015 White Cashmere Collection!

HERE COME THE GOWNS!

THE WHITE CASHMERE COLLECTION™ IS GETTING READY TO HEAD DOWN THE AISLE WITH A STUNNING SHOWCASE OF BRIDAL FASHION.











PHOTOGRAPHY BY ANGELA LAU

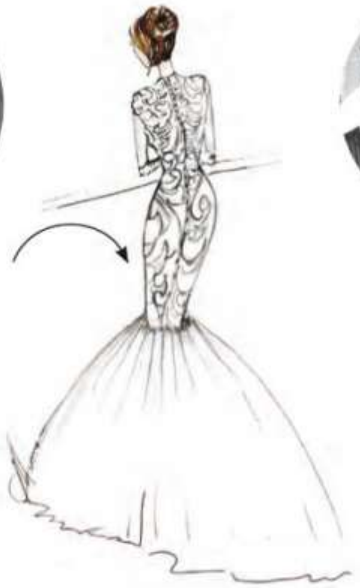
THIS SEASON, CASHMERE® BATHROOM TISSUE has joined together with Canada's best bridal fashion experts to create the first-ever collection of one-of-a-kind Cashmere bridal couture, all in support of the Canadian Breast Cancer Foundation (CBCF). The 12th annual White Cashmere Collection™ will celebrate love and romance as 16 of Canada's top bridal designers collaborate to present this exquisite collection of bridal gowns, lingerie and accessories, all fashioned from luxuriously soft sheets of Cashmere, Canada's best-selling brand of bathroom tissue. The showcase is curated by wedding style guru Jessica Mulroney for Kleinfeld Bridal Hudson's Bay.

The collection of gorgeous wedding gowns, lingerie and accessories will debut at this year's annual invitation-only fashion fundraiser at The Carlu in Toronto on Tuesday, September 29, 2015.

Fashion fans can join the Cashmere Fan Page at facebook.com/cashmere; tweet using #Cashmere15 and check out The White Cashmere Collection at cashmere.ca

DESIGNERS SHARE THEIR VISION FOR THIS YEAR'S WHITE CASHMERE COLLECTION





ANASTASIA LOMONOVA
Known for her ethereal and romantic designs, Anastasia's gowns are modern yet imbued with a poetic nostalgia that is timeless.
Inspiration "I had a lush baroque garden-party wedding in mind. To create that mood, I used lace motifs that were organic in shape but luxuriously ornate."





HOAX COUTURE BY JIM SEARLE AND CHRIS TYRELL
This Toronto-based design duo have been the go-to designers for fashion-forward society brides since they launched their label in 1985. They've also designed red-carpet pieces for stars such as Diana Krall, Alanis Morissette and Jada Pinkett Smith.
Inspiration "We wanted to focus on extravagant shapes for the White Cashmere Collection, so we brought that to life with handmade flower appliqués."





RITA TESOLIN
Statement baubles are Rita's specialty. Her signature handcrafted one-of-a-kind pieces are embellished with precious and semi-precious stones.
Inspiration "I've been working on designing fresh new pieces for my fall and spring collections and decided that having the bracelet wrap around the hand was different from what other jewellery designers are doing."





VAWK BY SUNNY FONG
Sunny has been dressing women in delightfully structured works of art since 2004. "VAWK" is based on the phonetic spelling of a Sanskrit word meaning "of divine creativity," so it's the perfect motto to inspire bridal-gown dreams.
Inspiration "When I created this design, I was thinking it would be perfect for a beach wedding in Polynesia."



PALOMA BLANCA BY ELSA CARLESIMO For the past 17 years, Elsa has worked with satin, lace and organza to create cinema-worthy gowns for brides around the world.
Inspiration "Plunging necklines, luxurious crystal accents and show-stopping skirts are the trends for today's bride. I wanted to capture that sensibility with this design."

A proud supporter of CBCF since 2005, Cashmere has once again committed 25 cents from the sale of every limited-edition package to the Canadian Breast Cancer Foundation during October, Breast Cancer Awareness Month.





JUST SAYIN'

Monica Heisey discovers that #inspo isn't about hanging in there, baby!

I've never really bought the "Hang in there" cat.

You know what I'm talking about, right? A tiny kitten suspended from a tree branch with nothing to save it but its tiny kitten paws. The image is supposed to be inspirational and is most commonly seen on posters—the kind hung in dentists' offices and your worst co-worker's cubicle, next to a cartoon about coffee and a meme printed off the Internet about how everyone hates Mondays.

Let's face it: That kitten is doomed. He's faced with certain death—presumably a ring of firefighters holding a kitten-soft safety blanket and gently but firmly encouraging the little guy to jump to safety is not just out of frame—so the words "Hang in there" are a pretty limp offering. Best-case scenario, the poster is a dark, existential joke: Hang on for as long as you can, but eventually the kitten gets it and so do you.

This is the problem I have with most inspirational quotes and sayings: They fail to inspire anything in me but quiet rage. "You miss 100% of the shots you don't take" says a poster in the gym change room. Basic math will tell you that this is not the case! "Shoot for the moon! Even if you miss, you will land among the stars" a mug once told me. No offence, mug, but "landing among the stars" would realistically involve floating forever into a terrifying blackness, like Sandra Bullock in *Gravity* if Cloonz had never found her. A recent Internet search for "inspirational quotes" uncovered this perplexing bon mot: "Knowing trees, I understand the meaning of patience." Ooookay. It's very "Do you ever feel like a plastic bag?" And, no, Katy Perry, I do not.

It's not that I don't want to be inspired. I am a person who has quite literally wept at the sight of a very beautiful sunset. I've been known to get into a chill mantra during yoga. I've flirted with the idea of a "vision board." I just don't know what I'd put on it, because so far no one has made a poster that says "If you do this thing you hate right now, you can have that food you like later." Where is the T-shirt that reads "Success is 10% perspiration, 10% coffee, 11.5% answering your mother's phone calls.... To be honest, it is a very complex equation and we'd be doing a disservice to the effort involved by reducing it to a pithy oversimplification"? The day I find a framed image of a woman opening the door to a party accompanied by the words "You don't owe anyone bad small talk," I promise I will buy that image. But for now, I'm stuck.

The most inspiration I've ever found has arrived not in illustrated platitudes or made-you-think memes but the garbled, barely sensical ramblings of group texts or late nights with friends. My little sister once texted me "SISTERS ARE THE BEST!!!!111" at 4 a.m. on a Tuesday, and she was right, and I was inspired to be a better sibling. A friend recently confessed that she had, straight-faced, told her boyfriend "Just let me be a freak for you" and I was inspired to be my full lunatic self, in and out of the bedroom. My dad often eats spaghetti straight out of a large salad bowl, and I'm inspired to likewise stick it to vegetables and carb-load because kale is not the boss of me.

Look, if you have ever felt like a plastic bag, drifting through the wind, wanting to start again, that's your business and not mine. I won't judge where you get your inspiration, fitspiration or anything else. But if, like me, you're finding the available options a little tedious, there's a way to avoid cliché: Realize that true inspiration has been inside you all along.

...Shit. □



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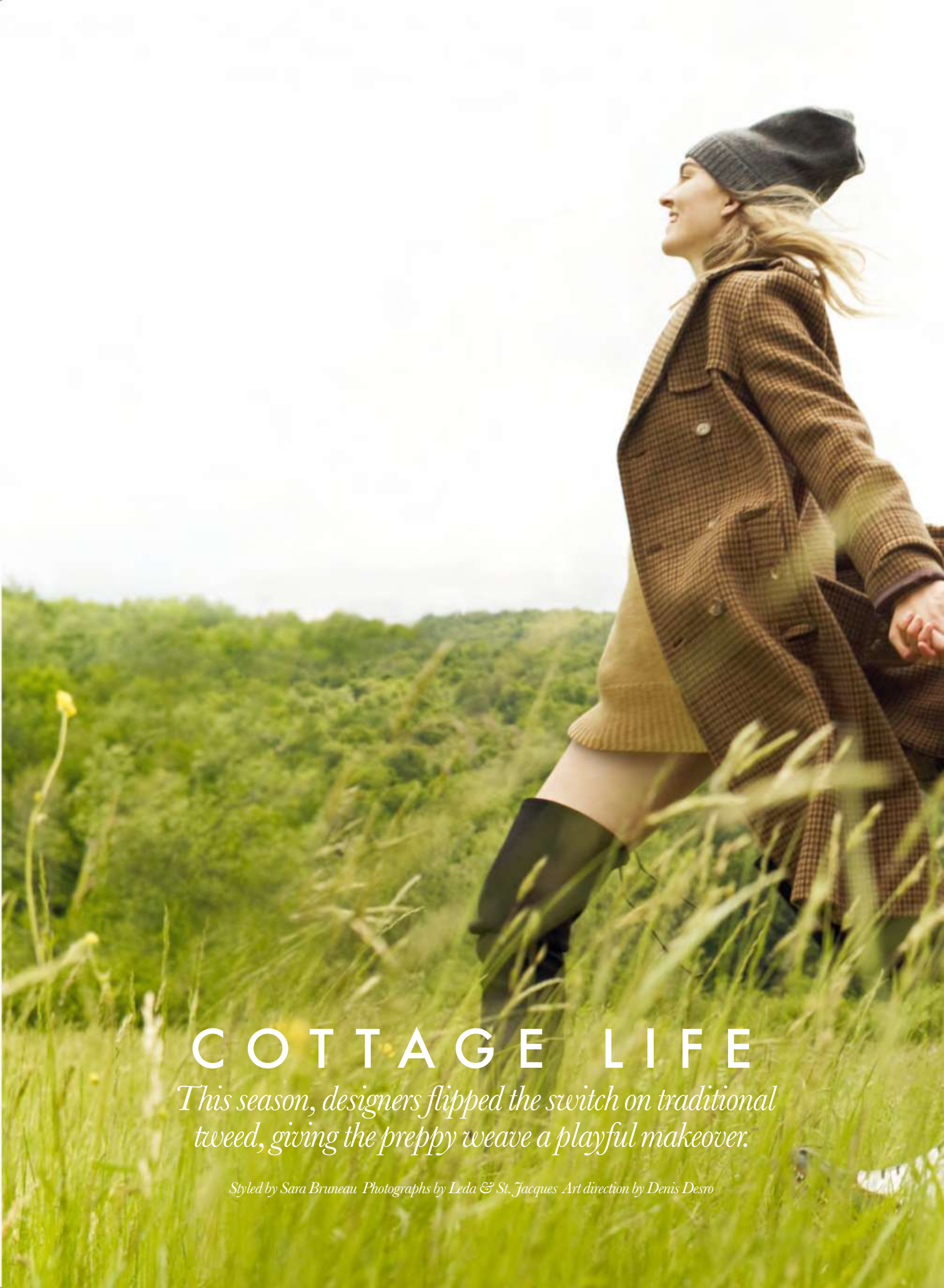
ELLE FASHION



LEDA & ST. JACQUES: ON BREE: WOOL JACKET AND SKIRT (VERONIQUE BRANQUINHO), TWEED HAT (HELMER) AND LEATHER PUMPS (CHANEL). ON CHARLOTTE: WOOL DRESS AND RESIN EARRINGS (MARNI) AND LEATHER AND VELVET PUMPS (PIERRE HARDY)

PREP SCHOOL

This season's retro tweeds gone wild (hello, colour!) and rock-star wardrobes (Madonna, is that you?) score an A+.



COTTAGE LIFE

This season, designers flipped the switch on traditional tweed, giving the preppy weave a playful makeover.

Styled by Sara Bruneau Photographs by Leda & St. Jacques Art direction by Denis Desro



On Bree: Wool coat and cashmere pullover (Michael Kors), wool toque (Hoss Intropia) and suede over-the-knee boots (Stuart Weitzman). On Charlotte: Wool cape and cashmere pullover (Michael Kors), cotton shirt (Stella Jean), wool toque (Hoss Intropia) and suede and leather over-the-knee boots (Chanel)



Wool blazer and skirt and cotton shirt (Sacai) and crystal brooches (Carole Tanenbaum Vintage Collection). Right: Cotton-jersey polo, tweed pants and leather sandals (Tommy Hilfiger), silk scarf (La Maison Simons), crystal and precious-stone brooches (Carole Tanenbaum Vintage Collection), leather gloves (Prada) and cotton socks (Calvin Klein)



On Charlotte: Cotton shirt, wool dress, crystal earrings and leather slingbacks (Miu Miu) and cotton socks (Paul Smith). On Bree: Wool coat, vinyl dress, crystal earrings and sequined leather slingbacks (Miu Miu), crystal brooch (Carole Tanenbaum Vintage Collection) and silk socks (Bleu Forêt)







Wool and mohair pullover and wool skirt (Balenciaga), cashmere knit turtleneck (Magaschoni), crystal and precious-stone brooch worn in hair and crystal and pearl necklace (Carole Tanenbaum Vintage Collection), cotton socks (Calvin Klein) and leather booties (Aldo)



Wool pullover and skirt (Max Mara), cashmere turtleneck (Magaschoni), tweed hat (Helmer), crystal bracelet (Carole Tanenbaum Vintage Collection), silk socks (Bleu Forêt) and resin earrings and sequined leather slingbacks (Miu Miu)



Wool vest and pants, cotton and wool pullover, silk shirt, resin brooch and leather gloves (Prada) and crystal earrings (Carole Tanenbaum Vintage Collection)



Wool dress with jewellery detailing and wool coat (Stella Jean). For details, see Shopping Guide. Models, Bree A. (Anita Norris Models) & Charlotte Cardin (Folio Montreal); hair & makeup, Geneviève Lenneville (Folio Montreal/TRESemmé/Giorgio Armani Cosmetics); fashion assistant, Linny Alexa Ganten; photographer's assistant, Guillaume Mérineau; digital technician, Yanive Nizard



MATERIAL GIRL

Ride the '80s wave in all of its glammed-up glory with snazzy minis, wild prints and bold baubles.

Styled by Sara Bruneau Photographs by Green Bruce Art direction by Denis Desro



Polyester and cotton knit dress and leggings (Missoni), metal and crystal earrings (Alexis Bittar), metal bracelets (Carole Tanenbaum Vintage Collection), fishnet tights (Voilà) and sequined leather pumps (Christian Louboutin)



Viscose knit cardigan, leather minidress, tights, leather belt and booties (Saint Laurent), metal earrings (Carole Tanenbaum Vintage Collection) and vinyl gloves (LaCrasia)



Polyester and elastane bomber jacket (Hervé Léger by Max Azria), viscose minidress (Christopher Kane), metal earrings (Vince Camuto), metal bracelets (Carole Tanenbaum Vintage Collection and Diane von Furstenberg), tights (Voilà) and pony-skin booties (Pierre Hardy)



Wool, viscose and cotton pullover (Emilio Pucci) and metal earrings, necklace and bracelets (Carole Tanenbaum Vintage Collection)



Suede shirt and miniskirt (Anthony Vaccarello), metal earrings (Carole Tanenbaum Vintage Collection), silk scarf (Echo), fishnet tights (Voilà) and suede boots (Versace)



Sequined polyester and silk shirt, vinyl skirt, Lycra tights and metallic-leather booties (Au Jour Le Jour), fur jacket (Natural Furs) and metal earrings and bracelets (Carole Tanenbaum Vintage Collection)





Silk-organza shirt and leather and silk skirt (Emanuel Ungaro), metal earrings and bracelets (Carole Tanenbaum Vintage Collection) and tights (Divine Paris)



Wool pantsuit (Zadig & Voltaire), cotton shirt (DKNY), metal earrings and bracelets (Carole Tanenbaum Vintage Collection), silk scarf worn as a belt (Echo), leather gloves (Winners), tights (Voilà) and tweed and leather pumps (Lanvin). For details, see Shopping Guide. Model, Steph S (Elite Toronto); hair, Louis Hechter (Folio Montreal/L'Oréal Professionnel); makeup, David Allan Jones (Judy Inc/M.A.C); fashion assistant, Linny Alexa Ganten; photographer's assistant, Axel Palomares; digital technician, Olivier Barbès


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ELLE BEAUTY

YOUR NEED-TO-KNOW COUNTERCULTURE GUIDE



GIAMBATTISTA VALLI

PRETTY PLEASE

This fall serves up a sublime beauty mood.



La Prairie Skin Caviar Concealer Foundation ($500); Rimmel London Lasting Finish by Kate Moss in 30 ($8); Joe Fresh Brow Lash Brush ($10); Givenchy Mister Intense Black Mascara Top Coat in Black Vinyl ($33). For details, see Shopping Guide.



EDITOR'S POV Runway beauty used to be all about uniformity: Models showcased designers' clothes in a sea of identical-hair-and-makeup harmony. Now, self-expression is the (welcome) zeitgeist. Prada's wonderful jewelled side-pinned ponytail is for the woman who's happy to stand out in a crowd; so is the artisanal yet futuristic white eye makeup at Kenzo. At Céline, models' hair came, refreshingly, in its natural state, from afros to loose, flowing waves. Individuality has finally trumped the trend. **VANESSA CRAFT**

IMAXTREE (MODEL); GEOFFREY ROSS (PRODUCTS)



MARC JACOBS

ELLE ♥ LOVES

Consider Chantecaille Protect the Wolves Eye Shade Trio ($82) your new eyeshadow spirit animal. The vegan-friendly formula, with silicone-treated pearls and micronized pigments, ensures long-lasting luminous colour.

LATEST & GREATEST

BEAUTY BUZZ

This month's new and noteworthy must-haves.



BRUSH UP

Meet fall's magic wands (from top): • Everything about the NARS Audacious Mascara ($34) brush is high drama–from its signature jungle-red colour to the 200 plastic bristles and hooks that ensnare lashes. • Lise Watier Dramatique Intense 3D Volume Mascara's ($24) teardrop-shaped brush ensures that lashes, long and short, are enhanced to epic proportions. • Swirl the CoverGirl The Super Sizer ($11) wand while applying; this enables the interspersed mini-bristles to coat as close as possible to the lash line. • The surface area and moulded bristles of the Clinique Chubby Lash Fattening Mascara wand ($20) catch lashes in one quick swipe.

PERFECT 10

As Coco Chanel once said, "Simplicity is the keynote of all true elegance"–and, in this case, good skincare. This month sees the launch of **La Solution 10 de Chanel Sensitive Skin Cream ($106)**, a hypo-allergenic and fragrance-free lotion that contains only 10 ingredients, including hydrating glycerine and shea butter. Dr. Amy Wechsler, a dermatologist and Chanel's skincare adviser, came up with the vision for the product after she noticed that patients with sensitive skin couldn't tell if their issues were caused by their lifestyle or the multi-ingredient products in their skincare regimen. Wechsler also asked Chanel researchers to include the most potent antioxidant tea that they could find. They chose silver-needle white tea, which comes from China and contains double the polyphenols found in green tea.



THIS MONTH'S "CAN'T LIVE WITHOUT" LIST



Vanessa Craft, beauty director
"Antioxidants are at the top of my skincare-ingredient hit list. This hard-working serum has enough cell-protecting free-radical fighters to ward off the toxins I've built up during a hectic Fashion Month." Prevage Anti-Aging Daily Serum ($210)



Carli Whitwell, health & beauty editor
"A reformed sun worshipper with a self-tanner phobia, I'd resigned myself to a life of ghostly selfies. But 30 minutes with this foolproof tanner and I was back to my bronzed self." James Read Express Glow Mask Face ($64)



Victoria DiPlacido, assistant beauty editor
"I could apply this gel eyeliner, go to work, take a Beyoncé dance class and then go for a swim–this stuff won't budge." Benefit They're Real! Push-Up Liner in Beyond Brown ($31). For details, see Shopping Guide.

TEXT BY VANESSA CRAFT, VICTORIA DIPLACIDO & CARLI WHITWELL; GEOFFREY ROSS (PRODUCTS); IMAXTREE (MODEL)

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Actor

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EDITORS' PICKS

LUST LIST

What we're coveting this month.

SECRET GARDEN Resin from the elemi tree—native to the Philippines—gives this polish its crazy shine. Yves Rocher Botanical Color Nail Polish Gel Effect in Dark Eggplant ($6). For details, see Shopping Guide.

STAY WITH ME Thanks to its rich oil-based formula, this lipstick stays put all day—no flaking. CoverGirl Outlast Longwear Lipstick in Vixen Violet ($12)

HIGH-FIVE "There are no rules anymore," says Lloyd Simmonds, creative director, makeup, for YSL Beauté. Wear these five luxe shadows solo, layered or "any way you wish." YSL Couture Palette Collector Metal Clash ($64)

SUN DAYS UV rays don't end with the summer. Protect hair colour from sun damage year-round with Arbonne Pure Vibrance Colorlast Hair Serum ($35).

BAD GAL Ditch conventional costumes for Halloween and swipe on this purple hue; if anyone asks, say you're channelling Rihanna, duh. Stila Stay All Day Liquid Lipstick in Como ($29)

CHIN UP Anti-aging isn't just about ridding yourself of wrinkles—you also want skin to have a fullness that rivals a newborn's. This gel-cream works to re-plump, thanks to ingredients like hyaluronic acid. Lierac Liftissime Cou Redensifying Gel-Cream Neck & Décolleté ($90)

EYE CANDY Late night? Look alive with L'Oréal Paris' hydrating Age Perfect Eye Renewal ($36). (Keep applying for a few weeks and the antioxidant procysteine will help banish dark circles too.)

TALKING BODY This laser is attracted to the water—not melanin—in skin, so don't worry about hyperpigmentation. Its eye-wrinkle-reducing powers are safe for all skin tones and types. Tria Age-Defying Eye Wrinkle Correcting Laser ($285)

TEXT BY VICTORIA DIPLACIDO; GEOFFREY ROSS



THE BREAKTHROUGH BODY LOTION YOU APPLY IN THE SHOWER.

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4 Dry off and go

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*Voted winner moisturizers category by consumers.



MANE MUSE

Your quest for hair inspiration stops here.

WHAT HAPPENS WHEN YOU MAKE A DRAMATIC CHANGE TO YOUR HAIR? THREE ELLE CANADA EDITORS FIND OUT.

LONG STORY SHORT On a whim last spring, I decided to keep track of my hairstyles for a week.

On Monday, my shoulder-length hair was pulled into a bun. Tuesday, same. Wednesday? A bun with a heaping of dry shampoo. By Friday, my hair still hadn't been let out of its bobby-pin trap and I was getting restless. "What's the point of having long hair if I can't be bothered?" I thought as I stared into the mirror. I've always loved taking risks with my hair, but I was in a rut. A switch flipped. As if hypnotized, I soon found myself scrolling through a Tumblr account called "For the Girls Who Yearn for Shorter Hair" and Googling photos of Ruby Rose like my life depended on it. Within days, I'd booked an appointment at a salon that could easily be mistaken for a grungy tattoo parlour, hoping its edge would rub off on my hair.

The hum of the electric razor against my scalp gave me an adrenalin rush. Inches of hair fell to the ground, and I felt deliriously thrilled by the process. Forty-five minutes after ▷

HEADS-UP

Ready for a major switch? Avoid bad-hair-day purgatory by repenting these salon sins.

SIN 1

Blurring the lines of communication. Hair colour is like a Rorschach test: Everyone sees something different. "There isn't a mass formula where one plus one equals two," says Susan Carter, portfolio colourist for L'Oréal Professionnel Canada. "Golden blond to you could mean something completely different from what golden blond is to your hairdresser." Show your stylist or colourist photos of looks you both love and hate. "Say 'I don't want this to happen' or 'I don't like these tones.'"

SIN 2

Fooling yourself about your true hair regimen. If, like us, you go days without a shampoo (sleep = priority), then it's in your best interest to pick a style that doesn't require you to spend 20 minutes every morning with a curling iron.

"HEADS-UP" BY CARLI WHITWELL; IMAXTREE (MODEL)

'OUR MOST AWARDED, HAIR CARE COLLECTION*'

BEAUTY EDITORS CAN'T GET ENOUGH OF PANTENE'S EXPERT COLLECTION

Pantene's Expert Collection not only helps restore smoothness and shine, but helps erase damage in just one wash.

PANTENE EXPERT



*Magazine Awards in 2014 from top Canadian Publications with award programs.

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showing the stylist a photo of a model who looked like Tinker Bell crossed with Miley, I had buzzed sides and a messy, asymmetrical bouffant on top. On the walk home, I shamelessly caught my reflection in every possible surface, feeling free and pretty pleased with myself. I expected strangers on the street to congratulate me on my transformation. That evening, I threw a raucous party; my new hair was the surprise guest.

My new look has required new wardrobe choices. I've racked up an impressive amount of black clothing, and the men's section holds new appeal. My closet holds less frilly vintage and more Alexander Wang. A swipe of dark lipstick packs twice the punch it used to. I love the new places this hairstyle takes me.

Cutting my hair short hasn't given me more confidence; rather, it demands it in return. In those vulnerable moments, when I want to slip back into pretty beach waves or hide a pimple on my cheek with a side part, my confidence has to step it up. (My trick is to recall that moment in the stylist's chair, when I felt a mix of amazement and joy at the unfamiliar result.)



A photo on a Tumblr account featuring girls with short hair (right) drove workflow editor Liz to buzz hers off.

As the dreaded grow-out phase looms, I wonder where I'll find my next hair thrill. A platinum shade, extensions or some kind of plumage? I have absolutely no idea what I'll look like this time next year, and that's part of the excitement. I'm a work in (creative) process. **LIZ GUBER**

YOU TOLD US: 500+ ELLE CANADA READERS' HAIR HABITS

70 percent brush their hair at least once a day.

42.7 percent describe their dream hair as long and wavy. Call it "the Kate Middleton effect."

47.5 percent with afro-textured hair style it naturally.

43.9 percent bring a photo to the hairdresser to ensure they get the look they want.

SIN 3

Expecting miracles. Yes, Kim Kardashian went from jet black to blond and back again in what seemed like a minute, but she's a (celebrity hair-colour) unicorn. A major shade overhaul takes several hours and sometimes several appointments. It's hard on strands, so go forth with caution.

SIN 4

Fan-girling. Don't let your love of Gigi Hadid's honey highlights distract you from this fact: You are not Gigi Hadid. Look for muses with similar eye and skin tones and hair texture.

SIN 5

Rushing your appointment. According to Louis Hechter, editorial director for L'Oréal Professionnel Canada, you should spend at least 15 minutes in a pre-cut consultation. Be honest about your hair's history—how often you trim it, colours you've done in the past, how much time you really want to spend on maintenance—so you can get accurate information.

THE STYLES AND COLOURS THAT LAUNCHED A THOUSAND TRIPS TO THE SALON



Linda Evangelista
The Canadian supe cried when her stylist chopped her hair—but her career skyrocketed as a result.



Naomi Campbell
Her signature shiny black hair and heavy fringe became as beloved as her killer catwalk strut.



Gisele
The Brazilian bombshell reinvented sun-kissed beachy waves and kick-started the balayage trend.



Balenciaga Blonds
The spring/summer 2011 show was a platinum club. The white shade of blond became the hue of the season.



Karlie Kloss
Her lob—which in fashion circles became known as "the Karlie"—was *the* cut of 2013.



Marc Jacobs' Tonality
The look of fall/winter 2014 saw a slew of wigs in pink, grey and mink. Cue pastel hair going mainstream. ▷

GETTY IMAGES (L. EVANGELISTA, N. CAMPBELL, GISELE & K. KLOSS); IMAXTREE (BALENCIAGA & MARC JACOBS); TUMBLR (SHORT-HAIR INSPIRATION); REGINALD LEUNG (L. GUBER)

Scar and stretch mark product most recommended by doctors.*



"I picked up Bio-Oil on a whim while walking through the pharmacy. The product works. I am 47 years old and I have a few stretch marks, a couple of old faded scars, and dark bags under my eyes. After using Bio-Oil the appearance of the stretch marks is better, the bags are less noticeable (I get compliments all the time now on how young my face looks) and the scars also look way better. I will continue to buy Bio-Oil. It works."
Phenix Hall

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*The Medical Post & Profession Santé 2015 Survey on OTC Counselling & Recommendations

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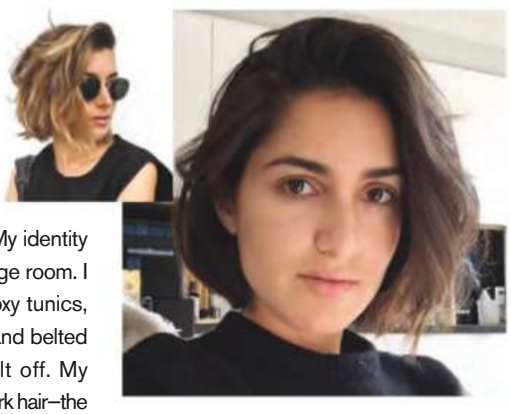
Sofia Stays Luminous in Medium Beige.

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PURPLE REIGN About a year ago, I decided to supercharge my subtle balayage with a more dramatic all-over blond. I follow L.A. colourist Johnny Ramirez on Instagram and became obsessed with the California-girl highlights he created. Unfortunately those inspo pix didn't quite translate, and I ended up with brassy-blond ends and chemical damage to boot. (Yep, that month of side bangs was unintentional.) After several months of repairing protein masks, purple toning shampoos and follow-up dye jobs at salons all over Toronto, I was ready to give up and go back to my natural light-brown colour. "You won't be happy," my latest colourist told me bluntly, adding that I'd be back for highlights within a week. He talked me through a couple of back-to-blond options before suggesting that I "just go lavender." At first I laughed, but I soon reconsidered. I love being creative with clothes, but I've never been a huge risk taker—I don't have any tattoos, and when, as a teen, I got a second hole pierced in my ears, that felt rebellious enough. Suddenly, I wanted to know what it would feel like to be the girl with purple hair. And? I loved it. When it started to fade after a few washes, I felt sad and began thinking about all the other colours I want to try next: bubble-gum pink, sterling blue.... In the meantime, the washed-out lavender has toned my blond highlights to that perfect ashy shade I was chasing a year ago. Sometimes you really can't lose by taking a risk—if you have a good colourist.

CHARLOTTE HERROLD



Style blogger Carmen Hamilton (near right) inspired features editor Aliyah Shamsher's haircut.

I AM NOT MY HAIR My identity crisis started in a Topshop change room. I was trying on a collection of boxy tunics, wide-legged cropped trousers and belted waistcoats and something felt off. My straight, long and centre-parted dark hair—the style I'd worn my whole life—was all wrong: It felt nondescript and boring against the new silhouettes. For the first time in 30 years, I suddenly wanted my hair to say *something*.

I didn't have to look far for inspiration—my desktop is cluttered with images of stylish women with great hair. And since I'd just landed a job at ELLE Canada, I felt I deserved my very own "hair moment." (A fashion magazine will do this to you.) I found a photo of Australian blogger Carmen Hamilton sporting an ombré chop and demanded the same from my stylist. Afterwards, I walked out feeling victorious. My hair was distinct, loud and full of personality. But I soon realized that although my hair was certainly saying something, it was speaking the language of the Aussie I had stolen it from.

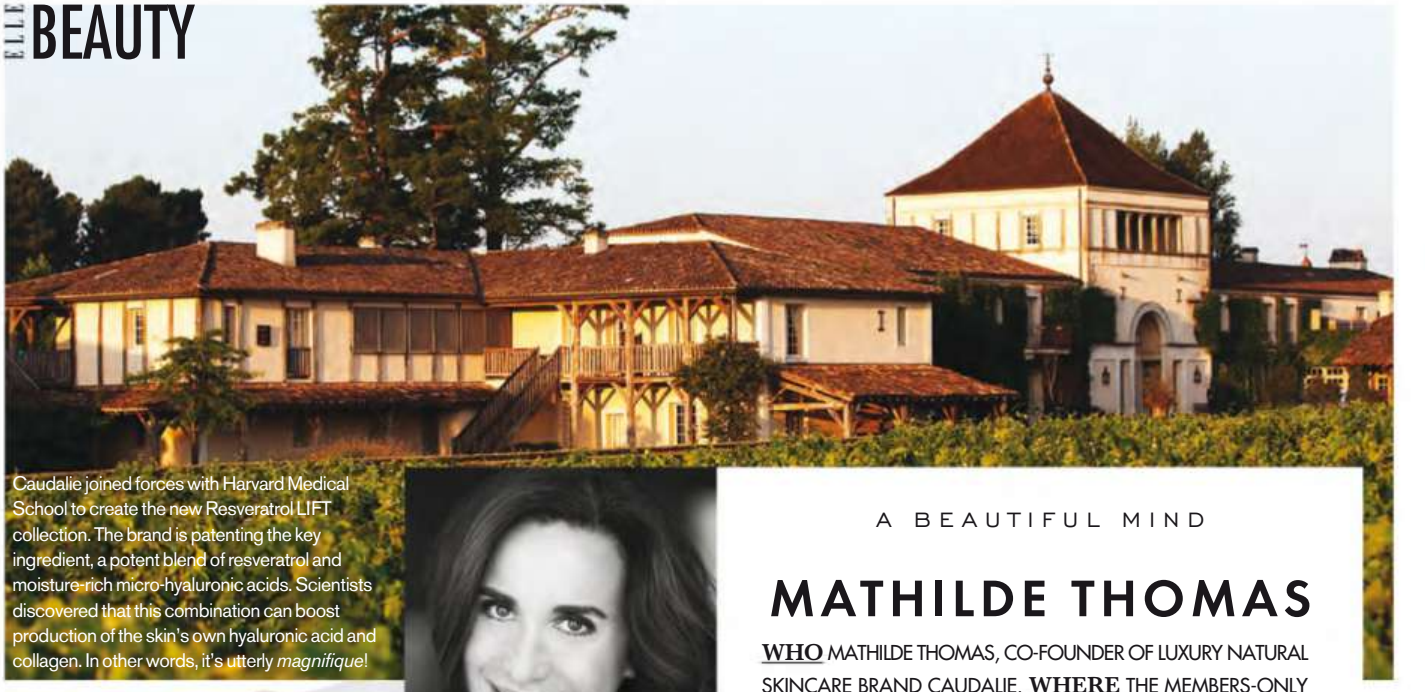
It didn't matter that everyone else was into my hair—friends, co-workers and even strangers gave me compliments—to me, it felt foreign. My understated style had always let me fly under the radar, and the amount of attention I was getting (I have new respect for my blond friends) was jarring. Plus, there was an ungodly amount of upkeep to having that "perfectly tousled" look day in, day out.

After three months of trying, I went back to my stylist and tweaked the colour and cut; I'm growing it out now. Do I have regrets? Not at all. Sometimes it takes a moment of looking—and feeling—like a completely different person to realize you already know exactly who you are. And for me, that's a classic-loving minimalist whose style doesn't have to shout to be heard.

ALIYAH SHAMSHER

INSTAGRAM/@CHRONICLESOFHER_ (C. HAMILTON); ALIYAH SHAMSHER (C. HERROLD); TKTKTKT (A. SHAMSHER)

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Caudalie joined forces with Harvard Medical School to create the new Resveratrol LIFT collection. The brand is patenting the key ingredient, a potent blend of resveratrol and moisture-rich micro-hyaluronic acids. Scientists discovered that this combination can boost production of the skin's own hyaluronic acid and collagen. In other words, it's utterly *magnifique*!

A BEAUTIFUL MIND

MATHILDE THOMAS

WHO MATHILDE THOMAS, CO-FOUNDER OF LUXURY NATURAL SKINCARE BRAND CAUDALIE. **WHERE** THE MEMBERS-ONLY HARVARD CLUB IN NEW YORK. **RAISED** GRENOBLE, FRANCE.

"When we created the company, I was 23 years old. From day one, I—and the scientists I worked with—knew we had an incredible molecule [resveratrol, a potent antioxidant found in grapevines]. I still test every single formula coming out of the lab. Usually it takes me, on average, 100 trials to find the perfect recipe. Our newest line, Resveratrol LIFT, not only works to firm the skin but also re-plumps.

"This year, our family is moving to Hong Kong because Caudalie is growing very fast in Asia and I think Asia needs us. For me, Asia is a big source of inspiration—all the essences and products, the sheet masks, the packaging.

"I'm very glad that my husband is my business partner. That helps a lot, because all we think about is our company—when we're not thinking of family and the kids, of course! He also really helps with balance. I think that if you want to have a great career as a woman, you need to find the right man. You need to balance your business, your relationships and your friendships. Pamper yourself. Go to the spa sometimes, go to the hairdresser.

"I design products for Caudalie that I want for myself. The priority is for them to be very effective. But I also want the formula to be green [natural and environmentally friendly]. Then I want the product to feel luxurious, to smell luxurious and to be very refined. So, I want it all!" □

MATHILDE'S MUSINGS

Makeup mantra "I keep it simple because life is complex." **Vacation spot** "The Hamptons." ***Le sport*** "Frenchwomen don't do enough sport, but I try to run on the weekends. My husband does triathlons, so he pushes me. We swim a lot. And we bike in the city. I biked here [to the interview] today." **Fruits of her labour** "Every year I do a grape detox in September, eating only grapes for three days with water and herbal tea. I can see that my skin is so much better." ***Mais oui*** "Frenchwomen approach beauty with a pleasure principle. We think we should enjoy a glass of red wine and that we should enjoy every single food—just in very tiny bits!"



From top: Caudalie Resveratrol LIFT Eye Lifting Balm ($62); Caudalie Resveratrol LIFT Firming Serum ($86); Caudalie Resveratrol LIFT Night Infusion Cream ($79). For details, see Shopping Guide.

AS TOLD TO CARLI WHITWELL; GEOFFREY ROSS (PRODUCTS)


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Miu Miu Eau de Parfum Spray ($100 for 50 mL). For details, see Shopping Guide.

FIRST-TIMER

Twelve years after Miuccia Prada debuted Miu Miu, the brand is releasing its first-ever fragrance. Actress Stacy Martin is the face of the edgy floral scent, a blend of lily of the valley and the patchouli extract akigalawood. Prada first noticed Martin in the controversial Lars von Trier film *Nymphomaniac*. It was attention that Martin modestly admits she hadn't expected. But with her appearance at this year's Met Gala and several films in the pipeline (including one with Robert Pattinson), we think that living in the spotlight is something she'll soon get used to.

FRAGRANCE NEWS

FLORAL FIXATION

What to sniff and spritz now.



CIAO, BELLA The Salvatore Ferragamo Tuscan Soul Quintessential Collection of eau de toilette sprays ($203 for each 75 mL bottle) makes a strong case for owning a fragrance wardrobe: Deciding between six different scents inspired by life in the lush Italian region is a challenge we welcome.

> IF YOU WANT TO SMELL MORE OF THE TOP OR MIDDLE NOTES, SPRAY YOUR CLOTHES (TRY NEAR YOUR SHOULDERS, WHERE PEOPLE STAND CLOSE TO YOU); YOUR BODY HEAT WON'T CAUSE THE SCENT TO DEVELOP SO QUICKLY.
>
> – Justin Welch, a fragrance expert who worked on the development of the new I Am Juicy Couture scent



HAIR PEACE

Don't use a regular perfume to make your hair smell good.

HURTFUL The high alcohol-to-fragrance ratio in traditional perfumes will make your locks drier than the chit-chat between contestants after the final rose is given out on *The Bachelor*.

HELPFUL Use a fragrance specifically designed for hair—they are formulated to be less drying and often come with beautifying benefits. Chanel Coco Mademoiselle Fresh Hair Mist ($52) shields hair from sun and pollution, and Bait Hair Perfume in Heart Breaker ($38) has added silicone so the scent stays strong for every hair flip. ☐

TEXT BY VICTORIA DIPLACIDO; WITH FILES FROM HARRIET WALKER (*FIRST-TIMER*); GEOFFREY ROSS (PRODUCTS); KAI Z FENG (S. MARTIN); GETTY IMAGES (FLOWERS & FRUIT)


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to get hair
looking healthy.
moisture + vitamin
hydratant avec vitamine B5
B5
SHAMPOO
shampooing
Drench and nourish every strand with this rich formula with Vitamin B5. It helps to speed moisture to stressed locks, and adds strength and elasticity to get to your hair back to looking healthy. / Trempez et nourrissez chaque mèche grâce à cette formule riche avec vitamine B5. Elle aide à hydrater plus rapidement les tresses raides tout en ajoutant de la force et de l'élasticité aux cheveux afin que ceux-ci reprennent une apparence saine.
B5 SHAMPOO
B5 OIL MIST
B5 CONDITIONER
ogxbeauty.com | ogxbeauty

FRESH AIR

Usher in autumn with crisp scents and playful combinations.



GREEN JUICE With notes of green tea (infused with bergamot and pink peppercorn), this fragrance, part of Maison Martin Margiela's Replica collection, smells good enough to drink. Maison Martin Margiela Replica Tea Escape Eau de Toilette Spray ($120 for 100 mL)

RING AROUND THE ROSE Rose, the current It ingredient, gets a fragrant group of friends—ylang-ylang, musk, vanilla and sandalwood—in this new scent from a family-run niche line. Au Pays de la Fleur d'Oranger Tubéreuse Rosée Eau de Parfum Spray ($160 for 100 mL)

OUT OF THIS WORLD This bestseller gets a new wardrobe (we love the marquise-cut-inspired bottle) and new notes for fall. Citrus scents (Tunisian neroli and Italian bergamot tea) complement its traditional blend. Thierry Mugler Alien Eau Extraordinaire Eau de Toilette Spray ($70 for 60 mL)

OPPOSITES ATTRACT Its name is straightforward, but its combo of blossoms and spice is wonderfully complex. Jo Malone London Mimosa & Cardamom Cologne Spray ($145 for 100 mL)

THE GOLD STANDARD This timeless classic floral from the 178-year-old fashion house is so posh that even the elegant weighty glass bottle seems like it belongs in the library of a country estate. Hermès Jour d'Hermès Gardénia Eau de Parfum Spray ($169 for 85 mL)

BRANCHING OUT Did you use up all your vacation days at the cottage over the summer? Feel like a well-perfumed world traveller with this woodsy blend of white sandalwood from India and Australia. Nest White Sandalwood Eau de Parfum Spray ($78 for 50 mL)

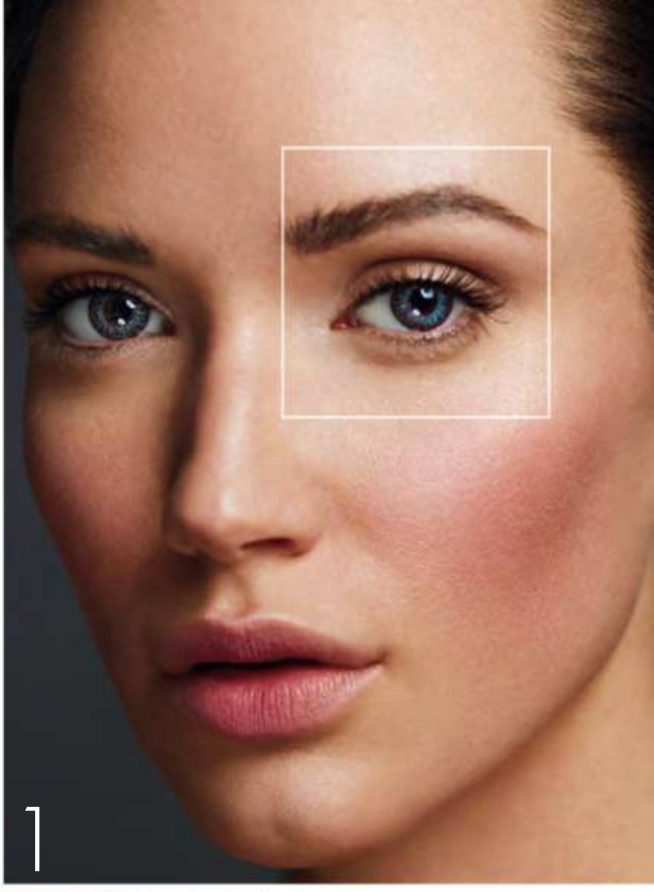
TEXT BY CARLI WHITWELL; GEOFFREY ROSS

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TREND 3: SMOKE SHOW

A soft, smokey eye is timelessly sexy. For the most current spin, smudge on the smouldering shades and lush up those lashes, while keeping lips understatedly nude. Amp up the seduction with BLUE AIR OPTIX ® COLORS contact lenses that will have them wondering what mysteries lie behind those sparkling eyes.

TREND 1:

SHE'S A DOLL

Bye-bye, bronzed summer shades and skin, hello delicate, doll-like tones! A pink palette for cheeks and lips give you a gorgeously girly, from-within flush. Add a STERLING GREY AIR OPTIX ® COLORS contact lens and instantly awaken your inner goddess with a natural, oh-so-ethereal glow! You glow girl!

TREND 2:

BOLD AND BEAUTIFUL

This season's daring duo is an on pointe matte red pout and a soft, bronzed eye. Statement lips and lids go off-the-charts-gorgeous with a guest-appearance by GEMSTONE GREEN contact lenses. Dare them to say no when you rock this powerful, she's-in-charge look!





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THE GRAND SEDUCTION

Consider these scents fall's smooth operators.

FOREVER YOUNG The campaign for this revamped '90s fave stars real-life loves Jasmine Tookes and Tobias Sorensen (both models). The scent, a mix of nectarine, lychee and musk, is just as sensuous. Calvin Klein Eternity Now Eau de Parfum Spray ($78 for 50 mL)



PILLOW TALK With pops of rose, pink peppercorn and cedar, this musky floral goes straight from date night to a Saturday morning spent in bed. Nina Ricci L'Extase Eau de Parfum Spray ($95 for 50 mL)

LIGHTEN UP The arrival of sweater weather doesn't mean your scent has to get heavier too. Say yes to this softer version of Giorgio Armani's indulgent combo of pear, blackcurrant sorbet and musky woods. Giorgio Armani Sì Eau de Toilette Spray ($80 for 50 mL)

TOP SEED Antioxidant-rich grapes are at the heart of this French brand. So we love that its fifth scent uses notes inspired by the fruit along with the rare rose de Mai. Caudalie Rose de Vigne Eau Fraîche ($40 for 50 mL)

DARK PLACES When it comes to the newest addition to the "for Her" family, we're almost as obsessed with the aubergine-coloured bottle (we'd love it as a lippie) as we are with its blend of jasmine, musk and amber. Narciso Rodriguez for Her L'Absolu Eau de Parfum Spray ($107 for 50 mL)

SLOW JAM Like a bottle of Beaujolais, this scent has to be allowed to breathe. Pear and blackcurrant fade to jasmine and orange and then deliciously decadent coffee and musk. Yves Saint Laurent Black Opium Eau de Toilette Spray ($75 for 50 mL). For details, see Shopping Guide.

TEXT BY CARLI WHITWELL; GEOFFREY ROSS

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Reference: 1. Eiden SB, Davis R, Bergenske P. Prospective study of lotrafilcon B lenses comparing 2 versus 4 weeks of wear for objective and subjective measures of health, comfort, and vision. *Eye & Contact Lens.* 2013;39(4):290-294.

Ask your eye care professional for complete wear, care and safety information.

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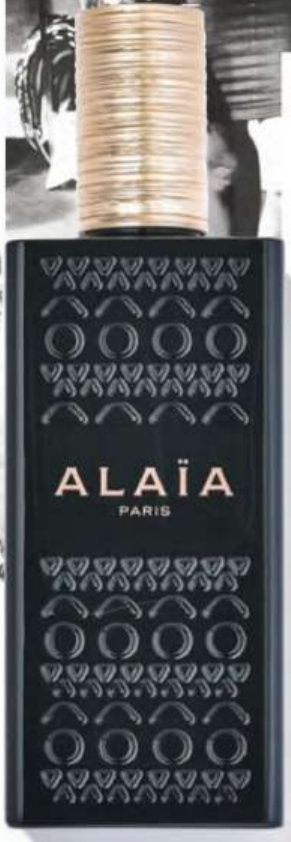
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Classic Alaïa model moments (from top): Fitting Canadian supe Linda Evangelista in 1989; Christy Turlington in a look from the spring/summer 1990 collection; his beloved muse Naomi Campbell in 1989



The transparent black bottle was designed by Martin Szekely and made to replicate Alaïa's signature geometric-cut pattern; the cap resembles a spool of golden thread. Alaïa Paris Eau de Parfum Spray ($160 for 100 mL). For details, see Shopping Guide.



SPLASH DOWN

An iconic designer launches a soon-to-be-iconic signature scent.

How do you capture the vision and style of Azzedine Alaïa in a bottle? That was the challenge faced by perfumer Marie Salamagne, who says the only brief she received from the notoriously shy, rule-breaking Tunisian designer was that he wanted something "timeless yet fresh, with a feeling of transparency." Alaïa, who puts art before commerce, also banned business words like "deadline," "market share" and "consumer insights"; anything creatively inorganic or trendy had to go too.

Considering the number of unforgettable fashion moments Alaïa has shared with models such as Christy Turlington, Linda Evangelista and Stephanie Seymour during his three-decade career, one might expect the perfume to be inspired by a '90s-era Naomi Campbell flashbulb-lit runway strut. Instead, the fragrance has more modest beginnings. "Alaïa had a childhood memory of his grandmother's house in Tunisia," explains Salamagne at the launch in the designer's Paris studio. "She would often go outside and throw a bucket of cold water against the sun-heated white walls." This meeting of hot and cold humidity was what he wanted replicated. The result is the seductive Alaïa Paris fragrance. It starts with an airy, icy blend of freesia, peony and pink pepper before drying down into a musky second-skin note as clingy as his designs. It's a challenge to explain the scent fully—not least because Alaïa requested that no ingredients stand out individually. "My perfume is not reasonable," he says. "It makes time lie. It does not reflect any particular era but emotions from every era. It does not come from any country because it has travelled through them all. It does not resonate with any one season because it lives in all seasons"—an explanation just as mysterious and magical as the composition. □

TEXT BY VANESSA CRAFT; GEOFFREY ROSS (PERFUME)

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"I WILL TAKE BEAUTY INTO MY OWN HANDS"

Katie Holmes

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TREND REPORT

FALL/WINTER 2015

This season saw a variety of looks come down the runway, often within a single show. The fall beauty memo: You do you. The top trends to make your own? **1.** Glowing skin. **2.** Rosy cheeks. **3.** Bold brows. **4.** Graphic eyes. **5.** Look-at-me lips. **6.** Colour clashes. **7.** Adornments. **8.** Eccentric eyeliner. **9.** Textured hair. **10.** Headbands.



IMAXTREE


DSQUARED2
SIMONE ROCHA
BURBERRY PRORSUM
ALBERTA FERRETTI
TREND I
RALPH LAUREN
ANNA SUI
CÉLINE
BCBGMAXAZRIA
THE SKIN YOU'RE IN
BALMAIN
LOUIS VUITTON
GIAMBATTISTA VALLI
ANTHONY VACCARELLO
Beautiful, healthy skin is a runway staple. This season, it came paired with bold eyes, rosy cheeks and eccentric eyeliner.
SIMONE ROCHA
MAISON MARGIELA
CHLOÉ
MIU MIU

PICK A SHADE OF PINK



MICHAEL KORS

GET GLOWING WITH A ROSY HUE

TREND 2

ROYAL FLUSH

Blush should be your desert-island beauty pick—it flatters all skin tones. Maybelline New York Fit Me! Blush in Deep Rose ($10); M.A.C Powder Blush in Love Cloud ($26). For details, see Shopping Guide.

IMAXTREE (RUNWAY & BACKSTAGE)



TREND 3

BOLDLY GO

Borrow this look from the "boys" at Chanel, and fill in brows for fierce eye framing. Chanel Ombre Essentielle in Ebony ($36); Annabelle Eyebrow Pencil in Black ($6.95). For details, see Shopping Guide.

EMBRACE THE BROWS



IMAXTREE


THIERRY MUGLER
AU JOUR LE JOUR
LUISA BECCARIA
TREND 4
JEREMY SCOTT
HUSSEIN CHALAYAN
DIOR
ANTONIO MARRAS
TADASHI SHOJI
KENZO
ALL EYES ON YOU
PACO RABANNE
RODARTE
VANESSA SEWARD
KAREN WALKER
NANETTE LEPORE
UMA WANG
Spider lashes, all-over colour, bejewelled lids and graphic lines–however you do it, draw attention to your eyes.
SACAI
ELIE SAAB
REBECCA MINKOFF

TREND 5

ALL IN THE FAMILY



Fruity reds, deep burgundies and nearly nudes are the shades of the season.



CÉLINE

DITCH SHEER SHADES FOR THIS LOOK

TREND 6

WORK OF ART

Individuality shone at Céline with a painted eye and bright lip. Embrace the creative spirit (but perhaps tone it down for the office). NARS Shimmer Eyeshadow in Tropic ($31); Shiseido Shimmering Cream Eye Color in Esmaralda ($29); M.A.C Lipglass in Ruby Woo ($18). For details, see Shopping Guide.

IMAXTREE

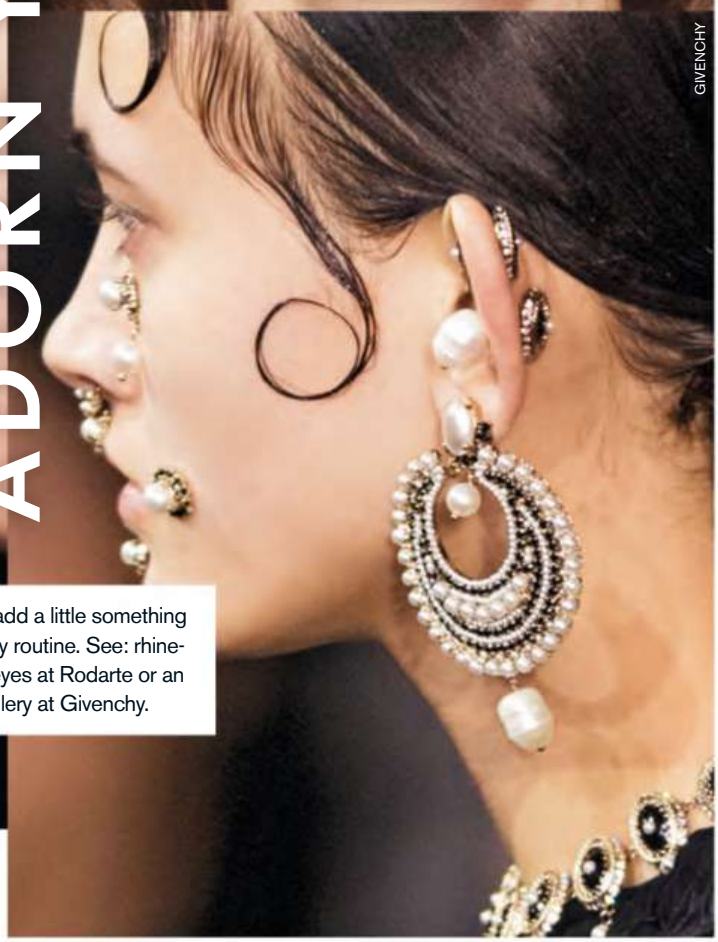

RODARTE


RODARTE

TREND 7

ADORN YOUR FACE


GIVENCHY


GIVENCHY

'Tis the season to add a little something extra to your beauty routine. See: rhinestones under the eyes at Rodarte or an ear full of jewellery at Givenchy.

IMAXTREE



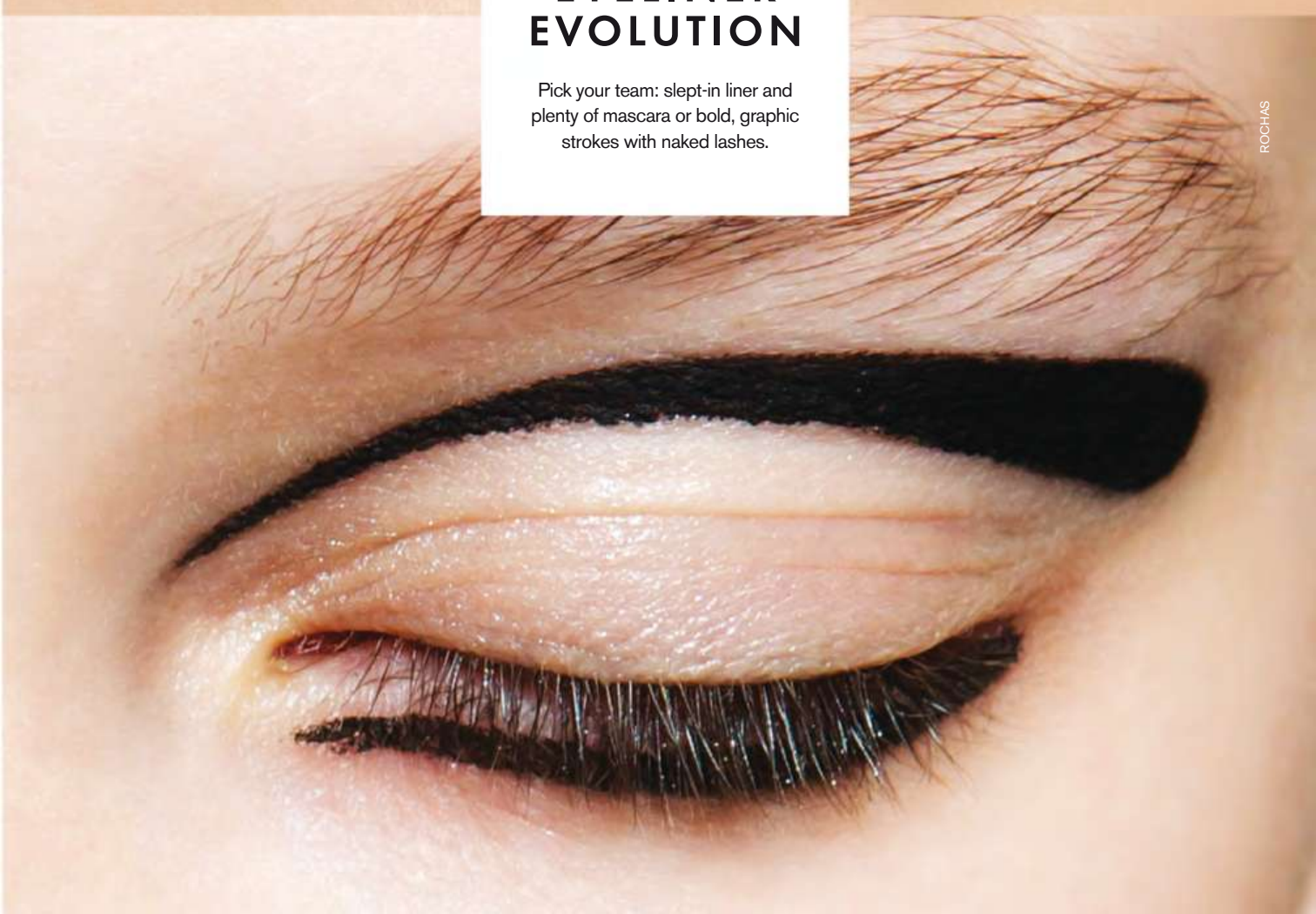
FENDI

CHOOSE PRECISE OR WORN ALL NIGHT

TREND 8

EYELINER EVOLUTION

Pick your team: slept-in liner and plenty of mascara or bold, graphic strokes with naked lashes.



ROCHAS

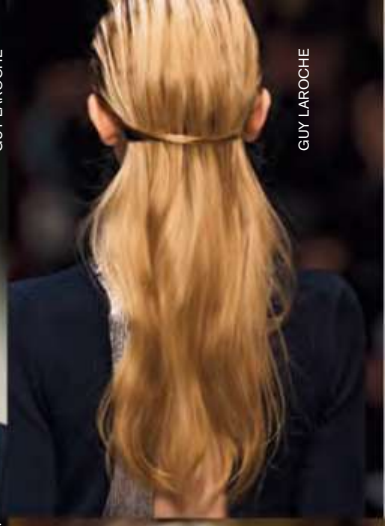
TREND 9

BACK TO BACK


MICHAEL KORS


MICHAEL KORS


GUY LAROCHE


GUY LAROCHE

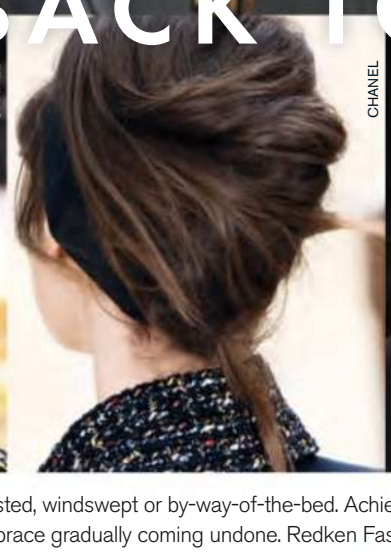

BERNARD CHANDRAN


BERNARD CHANDRAN


TORY BURCH


TORY BURCH


CHANEL

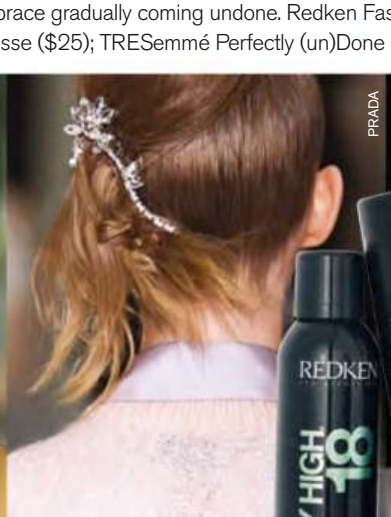

CHANEL


BALMAIN


BALMAIN

Twisted, windswept or by-way-of-the-bed. Achieve impressive texture one way or the other and embrace gradually coming undone. Redken Fashion Collection Stay High 18 High-Hold Gel to Mousse ($25); TRESemmé Perfectly (un)Done Hairspray ($6). For details, see Shopping Guide.


PRADA



PRADA


VALENTINO


VALENTINO



FENDI



FENDI

TREND 10

WITH THE BAND

With liner this dramatic, your hair needs to be off your face. Twist hair into a knot and secure with a headband in a neutral hue. (You want it to read adult, not preteen.)

YOUR NEW FAVOURITE HAIR ACCESSORY



Fendi leather headband ($450)

TOP SEEDS

The newest skincare development strikes oil. BY KRISTEN VINAKMENS



The Body Shop Oils of Life Intensely Revitalising Facial Oil ($44); The Body Shop Oils of Life Intensely Revitalising Gel Cream ($34). For details, see Shopping Guide.

Going local doesn't always cut it when you're looking for high-potency skincare ingredients. Just ask the globe-trotting researchers at The Body Shop, who search the world to find superpower natural ingredients for their product formulations. The new Oils of Life range, which includes lotions, creams and facial oils, is made with powerful blends of cold-pressed plant-seed oils: Chinese camellia-seed oil, Chilean rosehip-seed oil and Egyptian black-cumin-seed oil. Culled from ancient traditions, they herald the next chapter in results-driven skincare.

Unlike a kernel or a nut (like a coconut), seeds have no protective shell, so, in order to thrive, they develop "protective chemistry"—a mix of antioxidants, oils and nutrients. "Everything a plant needs to grow is in that seed—all the nutrition, all the energy," says Jennifer Hirsch, beauty botanist for The Body Shop, who explains that the secret to harnessing that energy is cold-pressing. (This is an oil-extracting process in which temperatures are kept below 49°C to avoid ingredient-damaging oxidation and allow more active nutrients to remain in the oil.)

Skin also has a natural affinity with plant oils because of DNA commonalities. For example, sebum, an oily, waxy substance that lubricates and helps waterproof skin, and camellia-seed oil both contain the natural moisturizer squalene, says Hirsch. "Plant oils blend with sebum," she explains. "This enhances the skin's ability to hydrate and protect itself by working with what the skin does naturally rather than against it."

SHINE ON Many of us fear that oils will bring on the second coming of our worst junior-high breakout, but don't worry. Using oils may seem counterintuitive, but Dr. Harold Lancer, a Beverly Hills-based dermatologist whose clientele includes Kim Kardashian and Scarlett Johansson, says that if you have very oily skin, they can help rein in sebum production. That's because women with oily skin often use products that strip and dry out their skin, which causes skin cells to overcompensate and produce even more oil.

POWER PACK Layering products will increase hydrating and anti-aging benefits, especially as we approach moisture-draining winter. Here's how: Warm a few drops of Intensely Revitalising Facial Oil in your hands and then massage it into your face and neck before applying a pea-size drop of Intensely Revitalising Cream. Now *that's* world-class indulgence. □

THE STAR OILS THAT YOUR SKIN WILL LOVE

Black-cumin-seed oil: Cleopatra used to smooth this bounty from the Egyptian Nile Valley over her hair and skin. It boasts a high concentration of antioxidants and nourishing amino and fatty acids, as well as vitamin A, which helps skin cells turn over.

Rosehip-seed oil: Chilean Malbec isn't the only coveted export from this South American country. Found in the Andes mountains and once used by the Mayans, this oil bolsters the skin's moisture barrier and is a natural wrinkle fighter thanks to a wealth of skin-repairing omega fatty acids.

Camellia-seed oil: In the fashion industry, the camellia flower (harvested in China and eastern and southern Asia) is synonymous with Chanel. But beauty insiders love the plant's moisturizing vitamin E, skin-protecting polyphenols and oleic acid (a skin-barrier enhancer).

GETTY IMAGES (ROSEHIP & CAMELLIA); LAURENCE LABORIE (MODEL); GEOFFREY ROSS (PRODUCTS)

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RESULTS

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* Results obtained from self-assessments of 19 people who used the Energizing night cream in the evening for one month.



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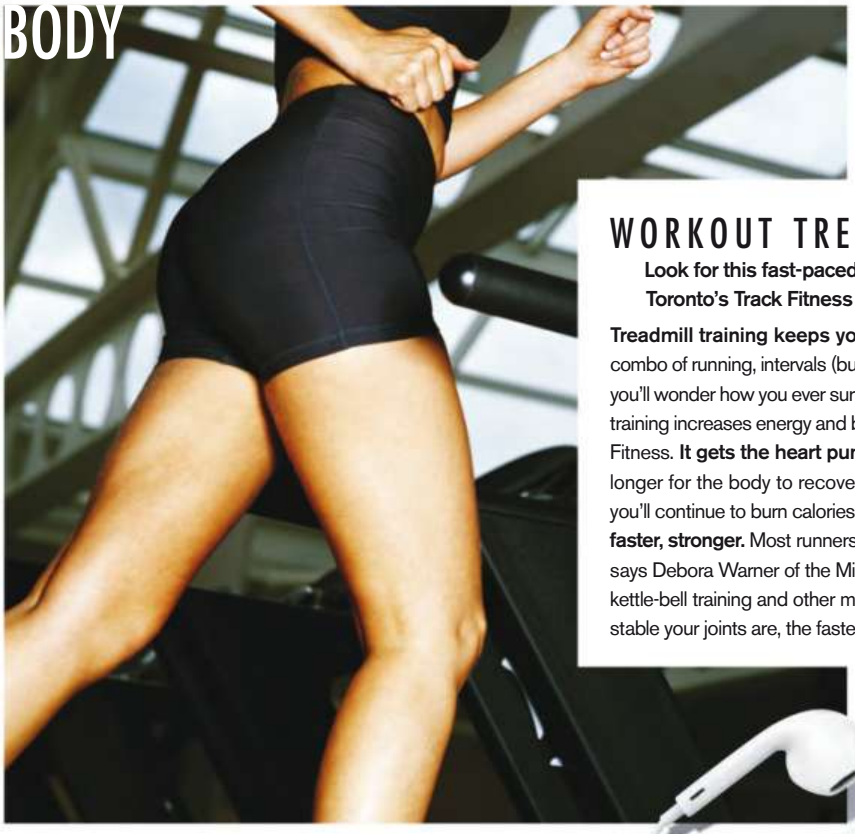
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WORKOUT TREND: TREADMILL TRAINING

Look for this fast-paced group-workout class in gyms like Equinox, Toronto's Track Fitness and, if you're in the U.S., Barry's Bootcamp.

Treadmill training keeps you engaged. After a 45-minute adrenalin-pumping combo of running, intervals (bursts of speed) and strength training (off the treadmill), you'll wonder how you ever survived those sleepy 30-minute jogs. **It's social.** "Group training increases energy and boosts motivation," says Larry Track of Toronto's Track Fitness. **It gets the heart pumping...for hours.** Studies have shown that it takes longer for the body to recover after intervals and strength training, which means you'll continue to burn calories throughout the day. **It will make you harder, better, faster, stronger.** Most runners neglect strength training, which can lead to injuries, says Debora Warner of the Mile High Run Club in New York. Incorporating squats, kettle-bell training and other muscle work improves balance and stability. The more stable your joints are, the faster and more powerful your pace will be.

BODY NEWS

RUN THE WORLD

Running tips and trends to lap the competition—and lap up admirers.

BY CARLI WHITWELL



NIGHT LIGHT

Stash away the nerdy reflective vest your mom insists you wear on your evening jogs and try one of these brilliant alternatives: all-over-reflective running jackets. Brands are weaving reflective yarns into fabrics or using reflective materials for eye-catching 360-degree visibility. Fall-weather bonus: Most of these are water-resistant. From left: Super Microft-polyester jacket, Running Room ($129.99, runningroom.com); ripstop-nylon vest, Brooks ($110, brooksrunning.ca); nylon, Lycra and polyester jacket, Athleta ($153.91, athleta.com)

PLEASE DON'T STOP THE MUSIC

Eminem was right when he said that we lose ourselves in the music. Costas Karageorghis, a sports psychologist from Brunel University London, says that plugging in while jogging can make you feel like you're exerting up to 12 percent less effort than you actually are. (It's thought that music stimulates the pleasure areas of the brain.) If you sync your stride with your playlist, you might run even faster. One step = one beat. The average runner takes 140 to 175 steps per minute, so look for songs with the same beats per minute (BPM).

THE DIY WAY Google a song title with "BPM" and the BPM should appear in the search results. Pick tracks with a BPM of 140 to 175 and—voila!—you've made your playlist. (Note: If slow jams with a BPM of 70 to 85 get you going, time your steps to hit half-beats.)

SLACKER-STYLE Music-streaming service Spotify recently introduced a running stream that detects your pace and picks music that matches your tempo. Saving up for a new pair of running kicks? Try Podrunner, the similar-but-free version.

ELLE CANADA'S RUNNING JAMS



Sleigh Bells
"Crown on the Ground"
BPM: 85



TNGHT
"Goooo"
BPM: 143



Kanye West
"Amazing"
BPM: 146



LCD Soundsystem
"Dance Yrself Clean"
BPM: 196

GEOFFREY ROSS (EARBUDS); GETTY IMAGES (RUNNING WOMAN)

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SMART MOVES

Do you have a TED-worthy idea? Here's how to make it real.

BY CHRISTINA REYNOLDS

I've just spent the day listening to 27 talks at the TEDWomen 2015 conference in Monterey, Calif., and I'm feeling both inspired and a little sheepish: I haven't created a robot that helps out during disasters or a computer program that can read emotions. And I haven't studied how the genomes of microbes could be used to eradicate the Ebola virus. It turns out I'm not the only one feeling this way. "After a day like this, it makes me think 'What am I doing with my life, and what more can I do?'" says Melissa Knapp, senior vice-president, global creative, for Clinique. I've joined Knapp and Jane Lauder, the company's global brand president, at a dinner party to celebrate this year's conference. We're also here to mark the launch of the Clinique Smart Ideas contest, which is being held in partnership with TED.

"Smart ideas come from everywhere," explains Lauder. "The ideas we're interested in don't have to be beauty related; we're looking for projects that can help women around the globe—like the one we heard from Achenyo Idachaba." The Nigerian-based entrepreneur (and the first speaker at the conference) started a company to create household goods, like lampshades and baskets, from aquatic weeds that have infested the region. "She created a sustainable craft out of necessity," says Lauder. "So many of the TED speakers came up with really great ideas that stemmed from some sort of need. And that's how Clinique was born, in a way," she says, referring to the brand's origin story. In 1967, beauty editor Carol Phillips published a magazine article called "Can Great Skin Be Created?" where she interviewed dermatologist Norman Orentreich about how to treat various skin issues and the power a skincare routine can play in that process. Estée Lauder's Leonard Lauder saw the story and challenged the editor and the doctor to create a skincare line that was dermatologist backed, allergy tested, fragrance-free—and customizable for different skin types.

When I speak with Knapp again a few weeks after the conference, she has refined her own TED takeaway about how to "do more," thanks to advice from TEDWomen 2015 speaker and management consultant Margaret Heffernan. "She said that it's not just about what you can do; it's about what we are doing collectively to make incredible things and to make a difference," says Knapp. "In the end, I came away super-inspired and knowing that I just need to keep doing what I'm doing—because what I'm doing is pretty awesome, and I'm surrounded by other amazing women who are helping me do it as well."

COURTESY TED CONFERENCE (TED IMAGES); GEOFFREY ROSS (CLINIQUE SMART SERUM & POP LIP SMEAR)

EUREKA MOMENTS
FOUR FABULOUS BEAUTY IDEAS



A CUSTOM IDEA "So much of what Clinique is about is custom fit," says Lauder. "Our first 'slide computer,' which helps determine the right products for different skin needs, was created in 1968 after our founder, Carol Phillips, went to a store to buy a pair of shoes and saw a foot-measurement tool. [You put your foot on it, and it slides to your foot width and length.] She was like, 'Oh, my God, this is the best way to tell the differences in different women's skin.' Our entire three-step system of cleanse, exfoliate and moisturize was created so that it can be used in different ways on the skin. It was not one-size-fits-all."



A HAPPY IDEA "How does a fragrance-free brand launch a fragrance?" asks Lauder. "At TEDWomen, [management consultant] Margaret Heffernan talked about how it's people, not companies, who come up with ideas. In 1997, our then creative director, Jim Nevins, was an example of that. He'd been watching late-night TV, and Judy Garland was singing 'come on, get happy.' It clicked for him. When you have products that have a universal truth in them, the idea resonates. So we made Happy, our first fragrance. It has citrus and an effervescent quality that is energizing." Clinique Happy Eau de Parfum Spray ($80 for 50 mL)

AN ARTISTIC IDEA "We launched a line of primers and lipsticks earlier this year called Pop Lip," says Knapp. "Next spring, we're coming out with a suite of products that is going to supplement that. One of them is a lip lacquer, which you use with a brush. Another is a lip oil that will give you a sheer sheen. All these different mediums got us thinking about mixed media and how artists work—how they build watercolours or how they use lacquer if they need an incredibly rich pop of colour. So that informs the advertising—it's going to look like a pop artist's canvas." Clinique Pop Lip Colour + Primer in Punch Pop ($21)



A SMART IDEA "The premise for our Smart line started with insight from our R&D team and biologists about how to create a product that could read your skin and be a multi-tasking product based on you," says Janet Pardo, Clinique's senior vice-president, product development. "We thought, 'If a woman can do five things at once, why shouldn't her skincare be able to do that?' The beauty behind the science and chemistry is formulating something that doesn't cancel out the other active ingredients—that's hard to do." Clinique Smart Custom-Repair Eye Treatment ($59). For details, see Shopping Guide.



INSPIRING MINDS INSIDE THE CREATIVE BRAINS AT CLINIQUE



JANE LAUDER, GLOBAL BRAND PRESIDENT

On personal inspo "I try to run on the weekends on the road or on the beach in the Hamptons. It's when I can actually think and meditate. That's usually when I have moments of 'Ohh.'" **On professional inspo** "Travel is like an anthropological study—take, for example, the trends that come from Korea. We asked Korean women why the cushion compact is so important for them. We found out it was because many Korean women want to look perfect all day, so it's really about good touch-ups throughout the day rather than this cool technology. Spending time in the market helps you understand so much."



MELISSA KNAPP, SENIOR VICE-PRESIDENT, GLOBAL CREATIVE

On personal inspo "I've been rediscovering New York. I'll spend a day in, say, Tokyo just roaming around and getting lost. But when do I ever do that in New York? I'm just going from point A to point B. So I realized it's not because there is nothing in New York; it's just that I'm not taking the time to stop and be inspired by the city I live in." **On professional inspo** "I guess you'd say 'All right, our customer is our inspiration,' but people in general are my inspiration—just getting out and being on the ground, engaging myself in culture and things like that. That's where I find all my inspiration. It's definitely not sitting at my desk all day staring out the window."



JANET PARDO, SENIOR VICE-PRESIDENT, PRODUCT DEVELOPMENT

On personal inspo "Right now I am thinking about blueberries! They are the healthiest thing you can eat. The thought process is how do you get inspiration from things like this? I am not a good cook—I stink at it. But I have a lot of friends who are amazing chefs, and they have exposed me to wonderful things. I am interested in knowing why certain crops grow better at night. Why is that? I'm intrigued by things like that." **On professional inspo** "My whole approach is about going outside the industry. I don't knock anybody off—I'm not into that. I go to painting shows, to art shops. I'm motivated by things that could reinvent something or create something new." □

SHARE YOUR OWN INSPIRING IDEA & WIN $20,000 Enter your idea in the Clinique Smart Ideas contest by September 30. The winner will receive US$20,000 in funding, a trip to the TEDWomen 2016 conference with Clinique and will be featured in a short film about her idea. If you need a little more idea-generating inspo, watch video profiles of entrepreneurs and TED Influencers Erin Bagwell (a documentary filmmaker), Jane Chen (the co-inventor of an infant warmer for the developing world) and Jessica Matthews (the creator of a soccer ball that generates clean energy). It's all at clinique.com/smartideas.


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AROUND THE
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+ Febreze
NEW
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ELLE TRAVEL

GETAWAY TALES, GREAT ESCAPES & TOP TRENDS



CITY LOVE

We reveal our favourite places to eat, drink, shop, explore and relax in Toronto and Vancouver.





TORONTO SHOPPING LIST Sterling-silver-plated-brass earrings, Jenny Bird ($65, jenny-bird.com); cotton sweatshirt, OVO Athletics ($128, octobersveryown.com); faux-leather skirt, Pink Tartan ($325, pinktartan.com); leather and cotton bag, Opelle ($318, opellecreative.com)

EDITOR'S POV I fall for Vancouver, with its rainforests and beautiful coastline, every time I visit—even before the plane lands. But Toronto has been trickier for me. Maybe it's the landscape—I grew up in Calgary and still miss the snow-capped-mountain views. Still, my new home's charms have grown on me over the five years I've lived here. Now, it's hard to imagine a weekend without a trip to places like Evergreen Brick Works, the Distillery District, High Park...or, even better, somewhere I have yet to discover. **CHRISTINA REYNOLDS**

CANADIAN INSTAGRAM ACCOUNTS



CITY GUIDE

THE INSIDE SCOOP ON TORONTO

ELLE Canada editors dish on their top spots in T.O.



Eat

FOR A SWEET SNACK

Maman is the new Toronto outpost of the popular NYC bakery. Take one lavender hot chocolate, one chocolate walnut cookie (okay, two), the heavenly smell of croque madames and a liberal dose of French charm: Maman's perfect recipe for a quick catch-up with a pal. – Sarah Laing



FOR TAPAS AND PEOPLE-WATCHING

Bar Raval is a striking, modern take on a Barcelona *pintxo* bar. (*Pintxos* are like tapas, but they're speared with a toothpick and served on bread.) It comes by its cool factor naturally with lauded chef and restaurateur Grant van Gameren at the helm. The leek and romesco *pintxos* are melt-in-your-mouth good, but it's pretty much standing room only, so I don't recommend stilettos. – Ciara Rickard



FOR AN OTT DINNER

Book the chef's table at the Ritz-Carlton, Toronto for the ultimate VIP dining experience. (Celebs often use this spot as a hideaway when in town.) Tucked away in the kitchen, you can spy on the culinary crew while they whip up Michelin-starred chef Oliver Glowig's Italian-inspired menu. My favourite dish, hands down, is the handmade ricotta-stuffed ravioli. – Lisa Guimond



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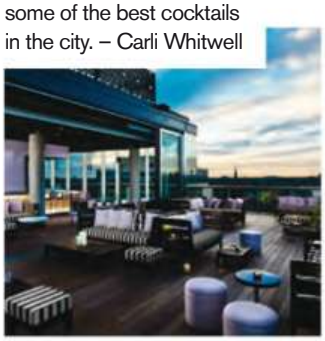
For editors' top brunch spots in Toronto and across Canada, go to **ELLECanada.com/travel.**

Drink



FOR THE BEST VIEWS IN THE CITY

Head to the rooftops of the Park Hyatt and Thompson hotels. I prefer my glass of Malbec with a side of skyscrapers and sunsets. You'll always see someone famous at the Park Hyatt, while the Thompson (below) makes some of the best cocktails in the city. – Carli Whitwell



FOR A CUP OF LOCAL JOE

Crosstown Coffee Bar is a recent addition to midtown. I've become addicted to its smooth, savoury brews and local neighbourhood vibe. – Vanessa Craft ▷



GETTY IMAGES (TORONTO & PASTA); PHIL CROZIER (MAMAN); JONATHAN FRIEDMAN (BAR RAVAL); COURTESY MARRIOTT HOTELS (RITZ-CARLTON)



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Explore



FOR A HIT OF CULTURE The Aga Khan Museum knows how to package a posh history lesson. The exhibit *Home Ground: Contemporary Art From the Barjeel Art Foundation* showcases the works of some of the best contemporary artists from the Middle East and North Africa (on until January 3). I've always been fascinated by Islamic art (thanks, Dad!), so I tend to just slowly wander the halls and stare at the hand-painted robes and beadwork dating back to the 11th century. – Aliyah Shamsher



FOR LIVE MUSIC OFF THE BEATEN PATH Every Saturday afternoon for three hours, the Communist's Daughter, a tiny Dundas West bar, is taken over by a four-piece gypsy jazz band called the Red Rhythm. Michael Louis Johnson, the band's singer and cornet player, also happens to be the multi-tasking bartender. Even though this matinee has been going on every Saturday for years, each one feels impromptu and special. It's like I'm in on the city's best-kept secret. – Liz Guber



FOR AN ARTSY DAY TRIP Head to Etobicoke's Islington Village, where 21 of Toronto artist John Kuna's heritage murals cover buildings, bridges and back alleys. I love spending my Sunday mornings here with a latte in one hand and a mural map in the other. If you're lucky, you may even spot the artist creating his next piece of street art. – Sarah Thompson

Stay



FOR AN ICONIC TRIP DOWNTOWN The newly renovated Omni King Edward Hotel, or "the King Eddie," as locals call it, has lovely historic rooms and a luxe bar with couches you can really sink into. It's my go-to place for afternoon tea and a chic staycation. – Madison Schill



FOR A POSH WEEKEND GETAWAY The 13-room Drake Devonshire Inn is located three hours outside of Toronto on the shores of Lake Ontario and combines the cool factor of the Drake's original Queen West outpost with the nostalgic charm of summer camp. Whether it's because of the campfire warming you on the pebbly beach or the amazing selection of local wines, you'll never want to leave. – Liz Guber

Shop



FOR UNEXPECTED STYLE Shoesette, near Yonge and St. Clair, carries shoes from hard-to-find Italian and French lines like Fratelli Rossetti, Rusconi and Accessoire Diffusion and a fashion collection that is equally eclectic and covetable. As soon as I found out that it carries Osklen (my Brazilian-fashion crush), I knew I'd found a special shop in the city. – Noreen Flanagan

61X



FOR LOCAL MUST-HAVES October's Very Own is rapper and famed Torontonian Drake's very own new flagship shop on Dundas West. There isn't much more than T-shirts, hoodies and baseball caps in the sleek, minimalist space, but they are highly coveted. Last time I walked by (it was during OVO Fest), there was a lineup right around the block and it looked like they were almost sold out. But I'm sure they've restocked! – Brittany Eccles

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For more editors' fave local shopping hot spots, go to **ELLECanada.com/fashion.**

Relax



FOR A HIT OF BEAUTY Pretty in the City founder Veronica Tran recently moved her decade-old lash and brow bar to a new location at Avenue and Davenport, just north of swanky Yorkville. I wanted the eyelashes of North West (i.e., crazy volume, long enough to touch my brows), and I emerged from my appointment with just that. Veronica and her team are experienced—they know proper application and give you all the info you need to keep your lashes on point. – Victoria DiPlacido ▷

FACEBOOK/THE COMMUNIST'S DAUGHTER (THE COMMUNIST'S DAUGHTER); JANET KIMBER (AGA KHAN); INSTAGRAM/DONOVANSEARCHWELL (MURAL); KAYLA ROCCA (THE DRAKE DEVONSHIRE)

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CITY GUIDE

THE BEST OF VANCOUVER

Our favourite hot spots on the West Coast.



FOR A CASUAL-COOL DINNER The French-Asian food at Pidgin in Gastown is delicious but not fussy. The flavours and plating are reminiscent of French or Italian haute cuisine (case in point: the divine Parisienne gnocchi)—but then you're sitting on wooden benches drinking Tiger Beer out of a can. – Aliyah Shamsher









FOR A KITSCHY TRIP BACK IN TIME Even if the sun is blazing outside, the Shameful Tiki Room's blacked-out windows ensure that it's always midnight in Polynesia. This Main Street mainstay is a truly loving homage to the Tiki-lounge scene, a time when swizzle sticks were cherished and Trader Vic's was king. The Zombie is fantastic—it's the original 1934 recipe—but for pure theatrics, the Volcano Bowl, a four-person drink that comes complete with thunder, is the ticket. Take a cab home. – Guy Saddy

FOR THE BEST NEW HOTEL-LOBBY BAR In a city full of great hotel bars, the lobby lounge in the Fairmont Hotel Vancouver's dark and atmospheric Notch8 is the latest heavyweight contender downtown. It's great to see the hotel claw its way back from irrelevance. With Notch8, the city's grande dame is once again drawing locals. – G.S.



FOR THE BEST DINNER AND DRINKS COMBO Although other excellent new restaurants have made inroads into still-edgy Chinatown, Bao Bei Chinese Brasserie remains the standard. They don't take reservations, so locals go early, put their name down and wait for a call—while sipping a fabulous cocktail at the always-hip Keefer Bar just down the street. Order an Opium Sour at the Keefer and then chow down on Shao Bing, one of Bao Bei's signature dishes: cumin-spiced lamb sirloin, cilantro, green pepper and chilies on sesame flatbread. Amazing! – G.S. ▷

GETTY IMAGES (VANCOUVER); EYDIS EINARSDOTTIR (PIDGIN); INSTAGRAM/FAIRMONTVAN (NOTCH 8); FACEBOOK/THE SHAMEFUL TIKI ROOM (THE SHAMEFUL TIKI ROOM)

APOTHIC

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EVENTS & EXPERIENCES

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Explore



FOR THE QUINTESSENTIAL LOCAL ADVENTURE Whether you walk, run or bike, the best way to feel like a Vancouverite is to join the locals in Stanley Park, the city's iconic natural landmark. If you are visiting and without wheels, stop by Cycle City Tours near the park entrance to pick up a rental or join a three-hour guided cycling tour. My Vancouver must-do is a bike ride around the seawall. I like to go in the morning—the ocean air is so invigorating, and it's such a great way to start the day. – Christina Reynolds

FOR A LOOK AT THE CANADIAN LANDSCAPE Head to the Vancouver Art Gallery for *Embracing Canada: Landscapes from Krieghoff to the Group of Seven* (from October 30 to January 17), a wide-ranging look at 19th- and 20th-century Canadian artistic inspiration. If it's a sunny day, take a moment to sit on the museum's mammoth front steps and take in the vibe in the surrounding square—it's great for people-watching, and there's always something going on. – C.R.

Stay



FOR A LAID-BACK LUXE VISIT Book a suite at the Fairmont Pacific Rim. (Ask for a room overlooking the harbour with a view of the Vancouver Convention Centre's verdant green roof.) This hotel is so tech-savvy—the "spa" lighting setting in the bathroom is perfect—but so understated and comfortable. And I love that there's live music every night in the Lobby Lounge. Even if you don't stay for a drink, you feel like you're part of something cool. – C.R.

Relax



FOR TWO ZEN MOMENTS Escape the bustle of Chinatown and slip into Dr. Sun Yat-Sen Classical Chinese Garden before heading to see the contemporary art at the nearby Rennie Collection in the historic Wing Sang building. Despite how busy it can sometimes be on the surrounding streets, I'm always shocked by how quiet it is when I visit this peaceful garden oasis. At Rennie, head to the rooftop deck for an up-close look at a neon sign by artist Martin Creed that says "Everything is going to be alright." – C.R.

Shop



FOR AN UNEXPECTED SHOPPING SPREE Sleekly retro Sahn bicycle helmets? Check. Outerwear from Danish clothing manufacturer Rains? You bet. From gorgeous hand-carved hardwood cheese slicers to classic Sheffield wristwatches and cocktail syrups, the dependably eclectic Walrus Design on Cambie Street is a classic cabinet of wonders. I've never been to Walrus and not come away with at least something. Usually two somethings. – G.S.



FOR A LOCAL DESIGNER FAVE Vancouver staple Nicole Bridger recently moved her flagship shop from Kitsilano to Gastown. Every time I'm in Vancouver, I pick up her newest take on a sweater wrap or a drapey top. I love the brand's efforts to be socially conscious in everything from its fabric selection to its manufacturing processes. – C.R. □

ELLE CANADA

For more editors' favourite spots in Vancouver, go to **ELLECanada.com/travel**.

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TRAVEL INSIDER

CĒLINE COUSTEAU

The adventurer on New York, the South of France and beyond.

Céline Cousteau calls herself a "modern nomad" and laughs at the idea of having a hometown: "My taproot is in France, because that's where my family is, but I have surface roots everywhere." That's no exaggeration: The French-American granddaughter of famed ocean explorer Jacques Cousteau travels "hundreds of thousands" of kilometres (everywhere from the Amazon to the Antarctic) each year through her work as a filmmaker and an explorer and now as an ambassador for the TreadRight Foundation, which advocates for sustainable tourism. "Travel makes us all explorers because it's about the exploration of yourself in a new place," says Cousteau.



BLACK BOOK: NEW YORK STATE **New digs** "My husband and I just bought a house in the Hudson Valley. It's an artistic community, and the lifestyle there is healthier for our three-year-old son than in New York City." **Weeknight dinner** "We live in Stone Ridge, and there's a great restaurant called The Roost–nothing fancy, just good, local home cooking with fresh organic produce." **Sunday stroll** "We're near the Catskills, and I love going for short walks with my family on the trails around Mohonk Mountain House." **Special occasion** "The second time I cried over food was at Blue Hill at Stone Barns. You don't get a menu, just a list of ingredients, and they bring dish after dish built around them."





GLOBAL ADDRESS BOOK **Home away from home** "We have a family house in Saintes-Maries-de-la-Mer, a little fishing village in the South of France. I spend about three months a year there. It's so calming to see the Mediterranean." **Take a walk** "The *calanques* [steep-walled inlets] near Marseilles are gorgeous for hikers." **Tropical getaway** "For a splurge, I go to Punta Islita in Costa Rica. You fly in on a Cessna, and then you can ride horses on the beach and eat fresh fruit by the pool." **Next up** "Nepal and Bhutan. I like to go to places that challenge me and have cultural significance. We need to go to places that are humbling." **Can't travel without** "I have an Arc'teryx jacket that I love; I've had it for 15 years. I once had an accident and broke my arm while wearing it; they wanted to cut it off me so they could take X-rays, but I was like, 'No way!'" □





COUSTEAU'S TRAVEL STYLE

"I'm a jeans-and-comfortable-sweater person. I wear heels if I'm in the city. On expedition, it's all about wicking fabrics that dry fast in the heat and long tops that I can button up against mosquitoes."



Gore-Tex "Alpha" jacket, Arc'teryx ($700, arcteryx.com); nylon sweater, Club Monaco ($198.50, clubmonaco.com); cotton and polyester jeans, Frame Denim ($289, at NET-A-PORTER.com); leather backpack, WANT Les Essentiels de la Vie ($1,095, wantessentiels.com)

TEXT BY SARAH LAING; JEN MUNKVOLD & SUSIE CUSHNER (BLUE HILL AT STONE BARNS); GETTY IMAGES (HUDSON VALLEY, CATSKILLS, *CALANQUES* & BHUTAN)

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ELLE HOROSCOPE

by Georgia Nicols

libra

(SEPT. 23 – OCT. 22)

It's about you right now, dear Libra. This is the only time all year when the Sun is in your sign, giving you a chance to recharge your batteries for the next few months. Furthermore, the Sun helps you project yourself forcefully and with style. Yes, heads will turn. You'll attract people and favourable situations while you are so empowered.

scorpio

(OCT. 23 – NOV. 21)

Your birthday is a month away, which means your personal year is ending and it's the best time to plan what you want your new year to be all about. How do you want your next year to be different from this one? You are popular now with groups and artists. Ask others what they think about your dreams for the future, and listen to their feedback.

sagittarius

(NOV. 22 – DEC. 21)

Romance with a boss or someone in a position of authority can blossom this month. (You look great to others, especially powerful types.) Meanwhile, this year will see your name up in lights, and this month you will enjoy increased popularity and opportunities to schmooze in various groups. Pour on the charm and start mingling.

capricorn

(DEC. 22 – JAN. 19)

This is the only month all year when the Sun is at high noon in your chart, and it's casting a flattering light on you. This calls attention to you and makes you look attractive and capable in the eyes of others, especially bosses and VIPs. Since this is a once-a-year blessing, use it to your advantage. Go after what you want—be bold!

aquarius

(JAN. 20 – FEB. 18)

You have a desire to be free this month. You want to travel and expand your experience of life. Meanwhile, along with this desire for more freedom, your sex drive is amped. (Whaaat?) In addition, people are good to you: They give you gifts and goodies and favours. (So it's a great time to go for a loan or mortgage.)

pisces

(FEB. 19 – MARCH 20)

Partnerships and friendships are cozy this month, and you feel intensely passionate about everything. Some of this intensity will translate into hard work and your job, but much of it will be channelled into hot, romantic sex. Someone admires you now, and the feeling is mutual. Enjoy the fun, saucy times ahead.

aries

(MARCH 21 – APRIL 19)

You need more sleep this month. (You can't ignore this, so do yourself a favour and get your rest.) Although fabulous opportunities to improve your job or get a better one are building up (and will continue to build all year), this month is all about relationships. While you're partying and having fun, observe how you treat those who are close to you.

taurus

(APRIL 20 – MAY 20)

You work hard when you're interested in something; one thing in particular is your creature comforts. Specifically, you want to get better organized and improve your health. A whole make-over! Invitations to parties, getaways and sports events make you want to look and feel your best. Work hard and party hard.

gemini

(MAY 21 – JUNE 20)

This might be the most playful, flirtatious month of the year for you. Ideally, you are taking off on a vacation somewhere. Romance, love affairs, social soirees, the arts, the theatre and sports events have top billing. You're keen to redecorate, so harness your energy and get it done. You'll be entertaining at home, so you can show off the results.

cancer

(JUNE 21 – JULY 22)

You need a sanctuary and refuge this month; you want to cocoon at home. At the same time, you might be more involved with family, especially a parent. Search for ways to make money from writing, selling, talking, teaching and acting, because you can. Your words are like gold. Rest and then schmooze with others.

leo

(JULY 23 – AUG. 22)

This is a busy, fast-paced month full of stimulating activities and ideas. Short trips, conversations with others and chances to explore and study are exciting. Your theme for this month is communication: "I talk, you listen. You talk, I listen." You will also benefit from financial and salary negotiations, as well as shopping for art and beautiful things.

virgo

(AUG. 23 – SEPT. 22)

Have you noticed that your mind is on money and financial negotiations? That's because increased activity in your cash flow requires your attention. Note: This is the perfect month for you to buy wardrobe goodies. (Trust.) It's also a good time to ponder your values. What really matters? Knowing this will help you make good choices. □

ILLUSTRATIONS BY EMILIE SIMPSON

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ELLE SHOPPING GUIDE

Aldo aldoshoes.com. **Alexis Bittar** At Holt Renfrew, holtrenfrew.com. **Annabelle** At drugstores and mass-market retailers. **Anthony Vaccarello** anthonyvaccarello.com. **Arbonne** arbonne.ca. **Au Jour le Jour** aujourlejour.it. **Balenciaga** balenciaga.com. **Benefit** At Sephora, sephora.ca; Shoppers Drug Mart, shoppersdrugmart.ca; murale, murale.ca. **Bleu Forêt** At La Maison Simons, simons.ca. **Calvin Klein** At La Maison Simons, simons.ca. **Calvin Klein (beauty)** At Hudson's Bay, thebay.com; Shoppers Drug Mart, shoppersdrug mart.ca; Jean Coutu, jeancoutu.com. **Carole Tanenbaum Vintage Collection** caroletanenbaum.com. **Caudalie** caudalie.com. **Chanel** chanel.com. **Chanel (beauty)** At Chanel beauty counters, chanel.com. **Chantecaille** At Holt Renfrew, holtrenfrew.com. **Christian Louboutin** At Holt Renfrew, holtrenfrew.com. **Christopher Kane** christopherkane.com; at La Maison Simons, simons.ca. **Clinique** At Clinique counters, clinique.ca. **CoverGirl** At drugstores and mass-market retailers. **Deborah Lippmann** deborahlippmann.com; at Sephora, sephora.ca. **Diane von Furstenberg** At Hudson's Bay, thebay.com. **Dior** At Dior beauty counters; Hudson's Bay, thebay.com. **Divine Paris** divine-paris.com. **DKNY** dkny.com. **Echo** At Hudson's Bay, thebay.com. **Emanuel Ungaro** ungaro.com. **Emilio Pucci** emiliopucci.com. **Fendi** At Fendi boutiques. **Giorgio Armani** At Shoppers Drug Mart, shoppersdrugmart.ca; Hudson's Bay, thebay. com. **Givenchy** At Sephora, sephora.ca. **Helmer** helmerjoseph.ca. **Hermès** hermes.com. **Hervé Léger by Max Azria** herveleger.com. **Hoss Intropia** At simms-sigal.com. **Joe Fresh** joefresh.com; at Real Canadian Superstore, real canadiansuperstore.ca. **Jo Malone** At Holt Renfrew, holtrenfrew.com; Nordstrom, nordstrom.com. **Juicy Couture** At Sephora, sephora.ca; Hudson's Bay, thebay.com; Shoppers Drug Mart, shoppersdrugmart.ca. **LaCrasia** la crasiagloves.com. **La Maison Simons** simons.ca. **Lanvin** At Holt Renfrew, holt renfrew.com. **La Prairie** At Holt Renfrew, holtrenfrew.com. **Lierac** At Shoppers Drug Mart, shoppersdrugmart.ca. **Lise Watier** lisewatier.com. **L'Oréal Paris** At drugstores and mass-market retailers. **M.A.C** maccosmetics.ca. **Magaschoni** At simms-sigal.com. **Maison Martin Margiela** At Sephora, sephora.ca. **Marni** marni.com; at Holt Renfrew, holtrenfrew.com. **Max Mara** maxmara.com. **Michael Kors** 1-877-733-KORS. **Missoni** missoni.com. **Miu Miu** miumiu.com. **Narciso Rodriguez** At Hudson's Bay, thebay.com. **NARS** At NARS counters, narscosmetics.com; Sephora, sephora.ca; Hudson's Bay, thebay.com. **Natural Furs** naturalfurs.com. **Nest** At Sephora, sephora.ca. **Nina Ricci** At Murale, murale.ca; Hudson's Bay, thebay.com; Jean Coutu, jeancoutu.com; Shoppers Drug Mart, shoppersdrugmart.ca. **Paul Smith** At La Maison Simons, simons. ca. **Pierre Hardy** pierrehardy.com. **Prada** prada.com. **Redken** redken.ca. **Rimmel London** At drugstores and mass-market retailers. **Sacai** sacai.jp. **Saint Laurent** ysl.com. **Shiseido** At Hudson's Bay, thebay.com. **Smashbox** At Shoppers Drug Mart, shoppersdrugmart.ca; Murale, murale.ca; Sephora, sephora.ca. **Stella Jean** stellajean.it. **Stila** At Murale, murale.ca. **Stuart Weitzman** stuartweitzman. ca. **The Body Shop** thebodyshop.ca. **Thierry Mugler** At Hudson's Bay, thebay. com; Sephora, sephora.ca; Shoppers Drug Mart, shoppersdrugmart.ca; Murale, murale.ca; Nordstrom, nordstrom.com; Jean Coutu, jeancoutu.com. **Tommy Hilfiger** tommy.com. **TRESemmé** At drugstores and mass-market retailers. **Tria** triabeauty.ca; at Sephora, sephora.ca. **Urban Decay** At Sephora, sephora.ca; Shoppers Drug Mart, shoppersdrugmart.ca. **Veronique Branquinho** At farfetch.com. **Versace** versace.com. **Vince Camuto** At Hudson's Bay, thebay.com. **Voilà** At La Maison Simons, simons.ca. **Winners** winners. ca. **YSL** At YSL counters; Hudson's Bay, thebay.com; Holt Renfrew, holt renfrew.com; Sephora, sephora.ca. **Yves Rocher** yvesrocher.ca. **Zac Posen** At Hudson's Bay, thebay.com. **Zadig & Voltaire** zadig-et-voltaire.com. □



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MESSAGE FROM A BOTTLE

This season's ultimate treat for your feet comes courtesy of British footwear maven Sophia Webster, who borrowed Coca-Cola's iconic logo for a capsule collection that takes slogan chic to a whole new level. (Patent-leather pumps, $625, at Hudson's Bay, thebay.com)

TEXT BY LISA GUIMOND; GEOFFREY ROSS; STYLED BY ELENA VILTOVSKAIA

ELLE CANADA

Which statement heels are you coveting this season? Tweet us **@ELLECanada** with **#fashionplay**.


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